

The effect of non-carbohydrate diet on weight loss and its effects

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Abstract: Carbohydrates, starch and sugar in it as most people know one of the three major sources of energy and food makes up the largest component. Sometimes up to 90% of dietary energy supply is a poor source of carbohydrates (especially in tropical areas), while only 40 percent energy diets may be the source of the rich class. Carbohydrates, about 43 power plants in the world live animals for food, it depends on the form. Green plants under the influence of sunlight to make carbohydrates from water and carbon dioxide are. This test was performed on 25 patients at different ages. They were removed from the carbohydrate diet and weight loss in a 3-month period they were studied. Results showed that people with moderately high weight (>100 Kg), the process was so quick weight loss in a 45-day period of weight loss was 9 kg. In individuals with lower weight (<75 Kg), 4 kg in a 25-day period showed weight loss.

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1. Introduction

Carbohydrates are the food of the following characteristics is important. Carbohydrates are easy to grow, they create not wrong, a lot of energy per unit of land is available and cheap source of energy is. As a result, the amount of money to buy food is limited and where there are plenty of plants, the carbohydrate foods in the diet increases. Refined carbohydrates, to help energy, while materials that are less refined, Carbohydrates are classified according to the number of parts they are. Simple carbohydrates (sugars) include Monosaccharide's (single sugar) and Disaccharides is. While complex carbohydrates, polysaccharides (starch and fiber) refers. It is explained that the fiber portion of plants that are not digested in the human gastrointestinal tract.

1.1. Properties of carbohydrates

Carbohydrates can be classified according to taste sweet. Fructose (sugar, honey) is the sweetest carbohydrate and low starch and sweets are not really sweet. Green bananas are a lot of starch, the reach, the starch to sugar (glucose) is converted and sweet will. In contrast, sweet corn, when it is low because the sugar is converted to starch. Starches were different solubility in water. Because sucrose (sugar) sweeter and more soluble than other, used in beverages.

1.2. Fiber in diet

Foods such as cereals and whole grain flour, the starchy roots like potatoes and beans, nuts and fruits contain fiber are raw all over. The average fiber intake is highly variable and too wide. African countries, for example, farmers on average 25 grams per day of crude fiber in your diet and get colon cancer and disease outbreaks in these communities is low, (one of the

researchers in the field of food and fiber connections of various diseases) believes that the following conditions or low relative to the protection of communities against the risk of these diseases is caused by consuming too much fiber in them. Large group of researchers has confirmed this theory with evidence. Fiber is not only absorbed, but a lot of water into the gut. Regimes that are rich in fiber, which are formed stools soft and bulky. In contrast, restricted diets low in fiber and hard stools. Diets rich in fiber, stool evacuation times faster than the time limit regimes of fiber. Another group of researchers believe that lack of fiber in the diet may play an important role in creating a common disease in the West called "diseases of civilization" is known. These conditions include appendicitis, gallbladder disease, obesity, varicose veins, diabetes and cardiovascular disease is. As noted above, dietary fiber, both soluble and insoluble in water, in unrefined whole grains, vegetables, fruits and beans there. For example, while all the starch in bread, but only of whole wheat breads are correct, dietary fiber are insoluble in water. Vegetables are important sources of cells. Fruit (not juice) have pectin and gums. Beans are good sources of soluble fiber. Food sources of fiber are superior to supplements because foods naturally different types of dietary fiber along with vitamins and minerals provide.

1.3. Carbohydrates in the diet

Starch grain in the old days most of the carbohydrates in the diet of farmers and rural residents, and still has this role. In industrialized societies, a significant amount of sugar carbohydrates in the diet of people in the covers and it appears that intake correlates with better economy. Research scientists show that the substitute instead of sugar to starch in the diet may cause

changes in blood fats and increasing cases of tooth decay, diabetes, and cardiovascular causes.

1.4. The role of carbohydrates in the body

Their main role is as an energy source. Nerve tissue and lung tissue can be used than carbohydrate as energy source. Energy derived from carbohydrates and is almost always constant regardless of the source of a starch or sugar grams carbohydrates, 4 kcal of energy generated.

Carbohydrates are the preserve of proteins. This means that your body needs food to supply energy to the protein does not. To this effect, the protein is called saving.

Carbohydrates are essential for proper metabolism of fats in the body and also the materials of construction compounds make up the body such as cartilage, bone and nerve tissue. Lactose (milk sugar) has the growth of certain bacteria in the colon, which make them some B vitamins. Also increase the absorption of calcium and phosphorus in the small intestine

Although the energy can be replaced by carbohydrates, protein and fat, but recent data indicate that a diet without carbohydrates, this will make many uncomfortable symptoms. A person on a diet of protein and fat may soon be experiencing symptoms that a person can be hungry. They lose a lot of sodium, are not able to prevent the breakdown of tissue proteins and carbohydrates on the second day of food without having (accumulation of substances that are the result of too much fat) are. In all those carbohydrates from the diet without the use of water loss, fatigue and loss of energy is observed. All of these undesirable outcomes can be resolved by giving carbohydrates and carbohydrate, this shows that a substance is necessary.

People who are on a diet without carbohydrates, such as those to suffer from hunger, lose weight. It should be noted that no carbohydrate diet, which is quite rare, there are small amounts of carbohydrates, 60 g in the diet can prevent these unpleasant symptoms. Weight loss diets based on a low intake of carbohydrates are used not approved because it did not provide enough energy for muscles and brain fatigue and the inability to exercise, a good option for weight loss are not introduced

Research has shown that if the long-term low-carbohydrate high-protein diet to follow, he will rise in the risk of osteoporosis. Point sources of protein deficiency can cause osteoporosis, which is why a healthy diet should be balanced, including all the food groups.

2.1. Materials and Methods

This test was performed on 25 patients at different ages. They were removed from the carbohydrate diet and weight loss in a 3-month period they were studied. Protein diet was used instead of carbohydrates.

Carbohydrate sources such as rice, pasta, potatoes and sugar was removed from the diet. They were divided into two categories:

- A. > 100 kg
- B. < 75 kg

3.1. Results

Carbohydrate found in fruits and vegetables is different. One serving of milk (one cup) contains 12 grams; a serving of vegetables (21 cups) 5 grams, a serving of bread (starchy vegetables are also included), 15 grams and it is a fruit that contains 15 grams carbohydrate regimes. weight loss based on low carbohydrates are consumed, because it did not provide enough energy for muscles and brain fatigue and the inability to exercise, a good option for weight loss are introduced. The human body is made so that the appropriate mix and balance of food types of works. Unfortunately, there are some diets that eliminate a type of food material, for example, carbohydrates are trying to reduce the weight.

Table1. Effect of non carbohydrate diet on Weight loss in different age group

Age group	Period(day)	Weight loss
>100 kg	25	9
<75	25	4

Dietary carbohydrate in the limited resources that are not suitable for the body and because various diseases in which the person is, to some it is noted:

- *kidney stones*
- *Constipation*
- *increased cholesterol levels*
- *Osteoporosis*
- *Loss of muscle mass and decreased metabolism*
- *exercise little*

Carbohydrates are the body's main energy source for muscle and brain power is considered. Having a low carbohydrate diet produced a small amount of glycogen in muscle and liver, and therefore, lowers muscle function and leads to weakness and fatigue. ATP is the main source of energy for muscles. When a muscle moves, a chemical mechanism, ATP is the energy to break it up.

A healthy weight loss regime, a regime in which the value of all food groups to exist and the person feel weak, tired and not hungry

Every muscle in only small amounts of ATP for muscle contraction and expansion of the ATP is stored and needs more. Carbohydrates are the main source of ATP supply and, if not available, the fatty acids and

amino acids are used. These resources are not very efficient because you're tired and cannot get enough exercise and physical activity can reduce the weight. Those are rich in fiber and carbohydrates that raise blood sugar slowly, are good sources for energy. This gives you the energy to exercise.

So the weight loss diets based on low carbohydrates are consumed, and are not approved due to lack of sufficient energy for muscles and brain, resulting in fatigue and inability to exercise, a good option for weight loss does not introduce be. A healthy weight loss regime, a regime in which the value of all food groups to exist and the person feel weak, tired and not hungry.

Diet low in carbohydrates and low in fiber, the risk of heart disease - coronary raises. These types of diet or eating large amounts of animal protein to encourage that contain large amounts of cholesterol and saturated fat. Increased consumption of these foods was to increase blood levels of bad cholesterol (LDL) leads to the hardening of the arterial wall and risk of heart attack increases. Fiber in the diet containing large amounts of carbohydrates are present, the risk of hardening of arterial walls, and closed it and it can diminish the risk of blood clots in heart attacks and strokes are lower. A healthy diet contains 10 to 15 percent protein, 55 to 65 percent carbohydrates, fiber, and 25 to 35 percent fat.

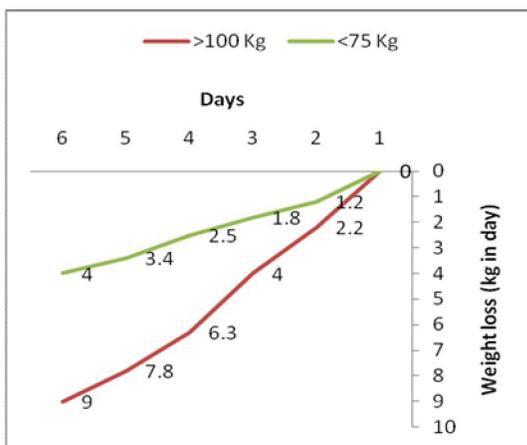


Fig 1. The weight loss during 45 days in people with different weights

What should be associated with reduced fat - body and muscle volatilizing formula used to reduce calories - compared with the intake of calories - the calories you consume in a heavy and prolonged exercise - even more

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than the amount required for drying and reduce body fat - it is - burn.

So should the balance between the level of your workouts and calories - to take up and use your body and not a lack of fuel saving and reduced muscle mass, it is not the easiest way to establish this balance are reduced calories - consumed with carbohydrates - less or burn more calories - from aerobic exercise is.

Another way of burning calories more in the body that will be used supplements or fat burning supplements. These supplements will help you to rate and temperature of heat production and metabolism by increase and thus burning more calories your body in a choice between ephedrine.

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