

Questions

[Nutrition](#)



Name: Tutor: Course: Date: Questions A plateau effect results when the human body has adapted to a diet.

Unlike the previous period where body weight reduces efficiently yet steadily, the plateau effect causes changes to be minimal. Some steps need undertaking in order to beat this effect. First, the course of diet needs review. The body sticks to its fat reserves after some time. As a result, the diet should remain extremely lean for a further drop to occur. To restart the weight loss in affected patients, they may also engage in their original feeding habits, for a short while. Though it appears contrary to efforts, this will rejuvenate metabolism in the body (Chant 26).

Syndrome X is a group of medical abnormalities related to increased risk of type 2 diabetes. It is also known as metabolic syndrome. A diet for a patient experiencing this may be a restriction of foods and drinks, which have a high glycemic index. They may also restrict foods with high saturated fat levels. Feeding on high-fiber whole foods recommended for them. PCOS patients already have some symptoms of syndrome X for instance, insulin resistance.

PCOS patients gain weight as it is more difficult for their bodies to use the insulin hormone. The hormone normally helps to convert sugars and starches into energy. However, the sugars remaining in PCOS patients are stored as body fat, thus, the weight gains. Typical PCOS patients have 65% fat, 20% protein and 15% carbohydrates in their bodies. For a patient trying to lose weight by fasting, several recommendations are available. First, they should stick to their desired plan. If not followed, eating even a slice of bread will

raise hunger levels due to the body's metabolism switching to its previous state.

They may also adopt water fasting. This will provide them with a slow metabolism. The patient should do this through drinking 5-10 glasses of water each day.

Several factors may lead to very rapid gain in weight after observation of a low calorie diet. When weight starts to plateau, carbohydrates need to be reduced. If not, weight gain may occur.

Nuts are real foods and contain about 70% of calories as fats. They tend to make people overeat them without noticing, thus sudden weight increases. I would not recommend a low calorie diet to a patient.

Most low calorie products are processed; they, therefore, lack nutrients that are essential for the body. Works Cited Bray, George A. "The Metabolic Syndrome and Obesity".

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