

Effects of Reducing Body Weight by the Metabolic Typing Test

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Aim: Due to people's nutritional requirements being both genetically determined and highly individualized nutritional required, a workable controlled diet for overweight subjects is worth of further study. The objective of this study is to analyze whether the metabolic typing test could be a guide for diet recommendation and also to evaluate the effect of weight-loss for the subjects.

Methods: Thirty-three overweight recruits were treated with the program, and each having three hours of metabolic typing test, one dietary consultation, and four weeks of website journaling regarding daily intake. BMI, weight, fat mass and waistline were measured before and after the program.

Results: The results showed that no matter what gender, metabolic type (Autonomic-Sympathetic, Parasympathetic and Oxidizer-Slow, Fast) and diet type (Group I and Group II) were all significant on weight-loss, fat-loss and waistline reduced ($p < 0.05$). However, it was found that Sympathetic type had more significant improvement on BMI, weight, fat mass and waistline than Parasympathetic type in Autonomic group ($p < 0.05$). Group II was significant on fat-loss than Group I in diet type ($p < 0.05$). On the fasting blood sugar level, the Autonomic is significantly higher than the Oxidizer and both of Slow Oxidizer and Parasympathetic were slowly declined after ingesting glucose challenge.

Conclusion: Individualized diet and nutrient via metabolic typing test could execute efficiently on weight management.