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KEYNOTE FORUM | DAY 2

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Obesity: Eat well, eat healthy-Calorie restriction and protein diet-the stories behind the scene

One major etiology of obesity is more intake than expenditure, which ends up with extra calorie. This extra calorie transfers into fat and deposits in our body and organs. Thus we become obese and co-morbidities like non-alcoholic fatty liver disease, obesity-induced lung injury (OILI) come true. It is critical to low weight and prevent from rebound. Calorie restriction remains as the king of all interventions. Variety types of calorie restriction proved helpful. Each works through different mechanism. With calorie restriction, the biggest challenge is inadequate

nutrition. Protein diet has pretty good weight loss effect, yet without the worry of nutrients deficiency. The stories behind the scene are, high protein induces satiety, increases thermogenesis, delays gastric emptying, impacts free fat mass and the pro-inflammation & anti-inflammation, and levels of appetite hormones. It is critical for obese population to eat well, eat healthy, with a relatively restricted calorie, well-balanced nutrients with relatively high protein, more vegetables and fibers while less calorie-rich snacks/fast food/beverage, and above all, live a healthy meaningful life beyond oneself.

Biography

Cheryl Wang, MD, PhD, has expertise in diabetes, obesity, endocrine and metabolic

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