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ACCEPTED ABSTRACTS

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Green tea helps reduce weight and body mass index in subjects who restricted overall calories

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Objectives: To assess the effects of green tea for weight loss and weight maintenance in overweight or obese adults with calorie restriction.

Methods: Criteria for considering studies for this review.

Types of studies: Randomized, controlled clinical trials.

Types of participants: Participants are a healthy male or female adults (18years of age and older), who have been classified as being overweight or obese (as defined by accepted standards such as

body mass index (BMI) or percentage excess weight compared with ideal weight tables). Obesity is an increasing public health concern due to the increased risk of related disorders. However, appropriate prevention and early management of obesity are changes in lifestyle patterns including physical activity and diet. It has been shown that green tea helps to reduce obesity when consumed on daily basis, followed by calorie restricted diets. Anti-obesity effect of green tea has been associated with its content of caffeine and catechins particularly (-)-epigallocatechin-3-gallate (EGCG). A number of studies have explored the effects of green tea on overweight and obesity conditions. In a study of 200 subjects, it was observed that 2 cups of 100% pure green tea helps

in reducing weight in the population who followed restriction in calories & 20minutes of physical activity. Calories were restricted to BMR. The consumption of green tea or its catechins helps in significant reduction of body mass index (BMI), body weight and body fat by increasing postprandial thermogenesis and fat oxidation. Several studies have hypothesized biological mechanisms whereby green tea may reduce adipocyte lipogenesis, decrease fat absorption, as well as suppressed appetite and nutrient absorption. In addition to this simple sugars were avoided & Fiber increased to 25gm/day. Subjects lost weight on an average 3.5kg/month followed by 2.5kg/ month.

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