Recommended proportions of carbohydrates to fats to proteins in diets

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Interpretive Summary:

Concern persists among physically active people regarding practical guidelines for amounts of dietary carbohydrate, protein and fat to facilitate recovery between training sessions and to promote optimal performance. This review summarizes current knowledge of the metabolic and physiological effects of graded macronutrient intakes during controlled laboratory and field tests of a variety of physical activities. It critically examines the metabolic and functional differences associated with current guidelines for carbohydrate, fat and protein intakes in studies using running, cycling and resistance exercise. Implementation of the current dietary guidelines for macronutrients, the Acceptable Macronutrient Distribution Ranges (AMDR), poses some problems. Calculations reveal that the AMDR does not meet carbohydrate needs for glycogen repletion after intense endurance training. Also, the highest level of protein intake is excessive for individuals with large energy needs. In contrast, the dietary fat recommendation is consistent with health promotion. Practical concerns about estimating daily intake of carbohydrate and protein based on percent of energy intake hamper the implementation of the AMDR. Athletes and active people find it more convenient to estimate carbohydrate and protein intakes on the basis of body weight (g/kg) than as a percent of daily energy intake. This information will be useful to dietitians and other health professionals who work with physically active individuals.
The DASH diet is an acronym for Dietary Approaches to Stop Hypertension. Following this diet can help lower blood pressure, coronary disease risk and risk of stroke by 5 to 8 percent in individuals with hypertension, according to “Essentials of Exercise Physiology.” The DASH diet emphasizes consuming the majority of your calories from these complex carbohydrates to minimize excess fat in the diet. Fruits and Vegetables. The DASH diet recommends consuming 4 to 5 servings of fruits and 4 to 5 servings of vegetables each day, respectively. Fruits and vegetables can contribute to your daily carbohydrate needs, while also providing an abundance of vitamins and minerals that can not be met through other dietary sources. Dairy Products. The proportion of proteins and carbohydrates, which has been accumulated or relatively burnt, also affects these processes. The proportion of saved proteins and carbohydrates to burning proteins and carbohydrates also affect on these processes. When we eat more Carbohydrates so we spend more Carbohydrates than Fats; in order for burning more Fats and spend less Carbohydrates, you have to eat less Carbohydrates. Everything is simple. Overeating Protein the same as Carbohydrates will make you fatter of course not directly but thanks to fats that you have eaten. As Protein has the highest thermic index (thermic effect of food (TEF)) that’s why the digestion will be provided with more calories and you’ll become fatter if the Common Balance is higher.