

PREVIEW_ Ted Naiman - Presentation (LCC 2018) 1

Dr. Ted Naiman: I have this spoiler alert for you. Every single human obesity study you will ever look at ever at all in the history of medical literature, the more protein people eat the better, always, completely, like there's no exception.

But we will just talk about some anyway. Here's an ad lib. obesity study, 12% versus 25% protein. Of course the high-protein group crushes the low-protein group. Look at the intra-abdominal fat going down on the high-protein group. Here is 1.6 g per kilo versus 0.8 g per kilo.

The high-protein group lost 53% more body fat on the same number of calories. What? I thought it was all about calories. Well, clearly not about protein calories. Okay here's a study ad lib., human obesity study. 15% versus 30%.

Of course the high-protein group just crushes the low-protein group. They lost way more weight, way more fat and had lower hunger scores the entire time... just pretty magical. 16% versus 27%... Of course 27% wins.

This is an interesting study that said pregnant women tracked their macros and ultra-sounded the amount of abdominal fat on their fetuses and they did this because we have an epidemic of gestational diabetes and fetal macrosomia and C-sections and babies being too fat.

Sure enough there's a carbohydrate effect. The more carbs you eat, the fatter your fetus is. There's almost no fat effect at all. The fattest and the thinnest fetuses were at about 40% fat. That's starting to look familiar, right?

And then it's all about the protein. It's just a huge linear protein association, where the higher the protein, the thinner your fetus was, and the lower the protein the fatter your fetus was in a purely linear fashion. And if you eat a high-protein diet, even your offspring comes out ripped and jacked with a sixpack pretty much.