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Energy restriction dieting and weight loss: Comparing Intermittent energy restriction versus continuous energy restriction and intermittent fasting, on beneft and harm, between overweight and normal weight subject, review of evidence

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Statement of the Problem:R (mRAPPAGE)

FINSROWAN REDRING BYPKON BINGO BING

BUPOKRIJANO BIJORINEO SRUGIJO E PRO ORIJE FINIM

FUNDAMENS BED GALLENGER DE BOUNDE PRIMES BOUNDER MAR PSO DE BUILDER DE BOUNDE DE BOUND

This review theme is to compare beneft/risk of IER & CER. IER is preferable for better compliance although both give comparable beneft. To preserve muscle mass, all ER diet must have protein of over 1.2g/kg body weight and exercise simultaneously, especially for normal weight subject

Recommendation: ER is not the recommended normal lifestyle but invaluable for the obese subject to loss weight, maintain it, compliance with the program in long term and stay healthy. For the normal weight subject it is not recommended to go for energy restricted dieting. Policy maker, NGO and health educator has a