

Carbohydrate and lipid consumption before a training session changed the fat mass in health-physically active adults: A controlled and randomized clinical trial

El consumo de hidratos de carbono y lípidos incluidos en una matriz alimentaria previo a una s

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© 2018 SENPE and Arán Ediciones S.L. Introduction: The effect of exercise on fat-acid oxidation depends on its intensity and duration. Pre-training ingest of carbohydrates (CH) decreases the rate of fat oxidation. In contrast, the effect of pre-consumption of monounsaturated fatty acids (MUFA) is less known. Objective: the aim of this study was to compare the effect of pre-consumption of two isocaloric snacks in a standardized exercise session during a period of nine weeks and to quantify their impact in the fat oxidation and decrease of fat mass in healthy and physically active adults. Methods: randomized, placebo-control clinical trial study. A total of 19 subjects between 20 and 39 years old were randomly distributed in three groups: CH group, with snack of high content of complex CH; FAT group, with snack of high content of MUFA; and control group, with a minimum fast for three hours before the training session. The measurements were rate of fat oxidation, body composition, and end