

Diets for Pears & Apples



Genes determined how well you respond to weight loss and exercise programs. Fat storage sites, which are genetically determined, influence how you respond to a weight loss program and which diet works best.

A study from the Children’s Hospital in Boston showed that “Apples”—People who store fat in the abdomen, **lose more weight on low-carbohydrate diets** (low glycemic load: 40% carbohydrate and 35% fat). They lost 13 pounds in 6 months and were able to maintain the weight loss at 18 months by following a maintenance diet. Apples secrete more insulin which makes them store more fat in the gut.

“Pears” store more fat in the legs and hips and secreted less insulin when digesting a meal. These people lost 10 pounds on low-carbohydrate and low-fat diets (low fat: 55% carbohydrate and 20% fat) but regained ½ of it at 18 months.

People who store fat in the abdomen (apples) secrete more insulin and lose weight best by following a high protein, low-carb diet. They lose weight relatively quickly and can keep it off fairly easy.

Those who store fat in their legs and butt (pears) secrete less insulin during digestion and will lose weight on **ANY** reduced calorie diet. Pears lose weight more slowly and regain lost weight more quickly. Follow the diet that matches your body type.

Source:

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