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<th>著者</th>
<th>沖田 孝一・高田 真吾・谷浦 有史・森田 恵輝・門口 智泰・佐々木 浩子・横田 卓・綿川 真太郎・筒井 裕之</th>
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EFFECTS OF LOW-CARBOHYDRATE DIET ON PHYSICAL STRENGTH

Koichi Okita\textsuperscript{1}, Shingo Takada\textsuperscript{2}, Tomofumi Taniura\textsuperscript{3}, Noriteru Morita\textsuperscript{4}

Tomoyasu Kadoguchi\textsuperscript{5}, Hiroko Sasaki\textsuperscript{6}, Takashi Yokota\textsuperscript{7}

Shintaro Kinugawa\textsuperscript{8}, Hiroyuki Tsutsui\textsuperscript{9}

1) Department of Sport Education, Hokusho University
2) Department of Cardiovascular Medicine, Hokkaido University Graduate School of Medicine
3) Hokkaido University of Education, Iwamizawa 4) Department of Education, Hokusho University

I. Background

Recently, low-carbohydrate diets (LCD) for weight control and management of the metabolic syndrome has become increasingly popular\textsuperscript{12–13}. However, there is a paucity of research about effects of LCD on physical performance\textsuperscript{14–20}.

II. Objective

In the present study, we examined the effects of LCD vs low-calorie diets on physical performance in untrained subjects.

III. Methods

We recruited 12 sedentary young subjects (20±2...

Fig 1. Representative menus of low-carbohydrate diets and low-caloric diet.
Changes in obesity measures

Fig 2. Significant decreases in body weight, BMI (body mass index) and waist were seen only in low-carbohydrate group.

Changes in glucose tolerance measures

Fig 3. Significant decrease in HbA1c was seen only in low-carbohydrate group.

Subjects were randomly assigned to LCD (carbohydrate intake <20g) and low-calorie diet group (Fig 1). We measured body composition, various performance aspects (Thigh muscle thickness, leg extension power, exercise tolerance by bicycle ergometer), blood metabolic parameters (fasting glucose, FBS, hemoglobin A1c, HbA1c, insulin, lipids, ketone bodies), inflammatory markers (C-reactive protein: CRP, white blood cell count: WBC and thiobarbituric acid reactive substance: TBARS) before and after 1 month of each diet therapy.
Changes in inflammatory markers

![Graphs showing changes in inflammatory markers](image)

Fig. 4. Significant decreases in inflammatory markers were not seen in both groups.

Changes in ketone bodies

![Graphs showing changes in ketone bodies](image)

Fig. 5. Remarkable increases in ketone bodies were seen in low-carbohydrate group.

IV. Results

Body weight, fat and waist significantly decreased (p<0.05) in LCD groups, whereas no significant changes were seen in low-carbohydrate diet group (Fig 2). HbA1c level was significantly decreased (p<0.05) only in LCD groups (Fig 3). CPR, WBC and TBARS did not significantly change in both groups (Fig 4). The other parameters also did not significantly change in both groups. Acetoacetic acid, 3-hydroxybutyric acid, total ketones were remarkably
elevated in LCD group (Fig5, p<0.05), while those were not change in low-calorie group. On the other hand physical performance aspects similarly maintained in both groups (Fig 6).

V. Conclusions

We have demonstrated that LCD for a relatively short-term can decrease body weight and body fat without negative effects on physical strength.

Acknowledgments

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References


第6回アジア栄養療法学会議
（2014年7月21－24日、台北、台湾）における研究発表
糖質制限食が体力面と与える影響

沖田 孝一 1) 高田 真吾 2) 谷浦 有史 3) 森田 憲輝 4) 門口 智泰 5)
佐々木 洋子 6) 横田 卓 7) 部川 真太郎 8) 筒井 裕之 9)

1) 北海道大学生涯スポーツ学部スポーツ学科 2) 北海道大学医学研究科循環病態内科学
3) 北海道教育大学医学部 4) 北海道大学文化学科教育学科

日本語要約

近年、肥満症、メタボリック症候群、糖尿病患者の予防・改善を目的とした低糖質食療法が、米国糖尿病学会で推奨され、我が国でも、民間を中心に普及している。しかしながら、一方で、低糖質食が体力面などに与える悪影響が懸念されている。本研究では、低糖質食および総カロリーが体力指標に与える影響を検討した。12人（男性5人、女性7人、平均年齢20才）の被験者を低糖質食と総カロリー制限群に無作為に割り付け、1ヶ月間の介入を施行し、前後において、身体計測を含む、筋力、持久力および血液生化学的検査を行なった。介入後、糖質制限群のみにおいて、体重、体格指数、腹囲およびHbA1cが有意に減少した（p＜0.05）。一方、血中ケトン体は、糖質制限群で極めて顕著に増加していた（p＜0.05）。膝伸展筋力、最大酸素摂取量および大脳四頭筋厚は、両群で有意な変化および差異を認めなかった。低糖質食では、比較的短期間に有効な減量が得られ、体力面への悪影響は明らかではないことが示された。