

Determining “How” You Should Eat for Fat-loss

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Fat-loss is often a confusing and controversial subject. With so many different types of diets, as well as conflicting information and points-of-view, deciding where and how to start can become an overwhelming task.

I'd like to help you lighten the load (no pun intended). To do this I will explain exactly *how* you should go about getting started by explaining *what to look for*.

When almost anyone decides that he/she is going to make a concerted effort to shed some excess body-fat, or take their body-fat to new lows for the purpose of enhancing their appearance and health, the first mistake they make is looking for that certain diet. The one that comes off as being most reasonable based on its supporting claims and is easy to follow as well as adhere to. I know this does not seem like it would be a mistake, and for all intents and purposes, it's not. The mistake is in it being *the first thing* you do.

Why might this be a mistake?

For the simple fact that—although the information may seem rationale and the diet itself is easy to follow—it might not meet your *individual* needs! Though many diets are based on physiological facts about how our body processes certain macro and micronutrients, and these biochemical responses hold true for each and every one of us. The one caveat is that the extent to which we process and utilize them varies some.

So while we all might experience more rapid fat-loss on a high-protein, ketogenic diet compared to a high-carb, low-fat diet (with calories being equal) for some people such a diet might also result in muscle loss or extreme lethargy. Those that have lost muscle while dieting know the consequences of such all too well; a slower metabolism and subsequent regaining of lost body-fat as well as the acquirement of new body-fat. Aside from muscle loss being a health risk, it greatly diminishes ones appearance. Despite being very lean, individuals who

lose muscle while dieting look “unhealthy”, displaying flat, stringy, droopy muscles.

If you want to lose as much body-fat as possible while simultaneously preserving all your hard earned muscle so that you can look and feel your very best then there is only one place to start...with you!

By “you” I mean your particular body-type. We all have certain characteristics that either, make us efficient fat-burners or resistant fat-burners. Some of us pack on and preserve muscle quite easily while some of us struggle to add even nominal amounts of muscle and can lose it in a heartbeat. Again, our physiological and biochemical make-up is the same across the spectrum but lies at different points along that spectrum. These seemingly minute differences can have a major impact. In most cases we are all 99% the same, but it is that 1% difference which determines how effective we are at losing body-fat.

An in-depth discussion of the various body-types is beyond the scope of this article and explained in detail in PURE PHYSIQUE: “How to MAXIMIZE Fat-loss and Muscular Development” (<http://www.PurePhysique.com/Books.html>) but is critically important to you walking away with a greater sense of how you should go about determining the make-up of your diet. Here is a brief description of the 3 common somatotypes (body-types) and how each metabolizes certain macronutrients.

Ectomorphs – Characteristically lean, with fast metabolisms, low potential for muscle growth, high potential for muscle loss. They are very efficient at metabolizing glucose and so they can typically consume higher quantities of carbohydrates (within reason) with little risk of them being stored as fat.

Endomorphs - Characteristically heavy, with slow metabolisms, moderately-high potential for muscle growth, and low potential for muscle loss. They do not metabolize glucose very efficiently (carb sensitive) and consequently they store fat very easily.

Mesomorphs – Typically of medium/muscular build, with moderately fast metabolisms, high potential for muscle growth, and moderately-low potential for muscle loss. They are efficient metabolizers of both glucose and fat, but must still be mindful of their food intake because they will store fat.

Based on the above info you can start to speculate that endomorphs fair best on a diet that is low in carbs, high in protein and has a moderate amount of fat. A mesomorph also would fair well on a diet similar to the endomorph but does not necessarily need to go as low with carbs and as they push their body-fat levels lower and lower they should probably increase carbs to protect against muscle loss. The ectomorph should probably not go very low on their carbs or at least stay low for too long. Because their bodies can use up glucose very quickly this puts their muscles at greater risk for catabolism. They must maintain a very high intake of protein (~1.5 grams/lb. of LBM) and should cycle their carb and fat intake (e.g. a few days with high carbs, low fat, and few days of lower carbs, higher fat) for fat loss. Conversely, the endo and mesomorph may not need to go as high with protein (~1-1.35 grams/lb. of LBM) for the purpose of guarding against muscle catabolism but is better off replenishing some of his/her "deleted" carbohydrate calories with protein and fat to meet daily caloric needs.

There are many other variables to consider as well which will consequently effect how you divvy up your macronutrients, such as your level of activity, whether or not you have a sedentary job, how much muscle you are carrying, food preferences, how much body-fat you want to lose, or your time line for losing it. Also, most people are not of one particular body-type but fall *between* body-types or possess characteristics of all three to various degrees.

Knowing and understanding your body-type can help make your dieting decisions less confusing and more calculating. Instead of rolling the dice on another fad diet, you can guarantee success with the one created to meet all your needs.