

April 14, 2021

Springtime Science

This series is hosted by University of Illinois Extension and the Interdisciplinary Health Sciences Institute.

Myths and Misconceptions of Metabolism

Jonathan Cerna, BS



Quick Tips:

- There are no magic foods or meal frequencies that can "boost" your metabolism
- One of the most common reasons people struggle with weight loss are more closely tied to underestimating food and over estimating exercise
- Macronutrient composition of your diet cannot impact your metabolism



Components of Metabolism



Basal Metabolic Rate: The amount of energy expended at rest

- Height, weight, sex, age, fat-free mass, fat mass

Exercise Activity Thermogenesis: Energy expended from exercise

- Running, weight lifting, yoga, sports

Thermic Effect of Food: Increase in metabolic rate after a meal

- Carbohydrates, fats, proteins

Non-exercise Activity: Energy expended in any activity that is not exercise, sleeping, or eating

- Fidgeting, typing, walking to work, cleaning



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Next Week:
Get to Know Your Brain:
What we know about
Alzheimer's disease
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