ABSTRACT:

Title: Influence of nutrition stereotyps on body composition - body weight, body fat, muscle mass and body water.

Objectives: The aim of this work is to influence changes in body composition in women of various ages, body weight, occupation and movement regime. By adjusting eating habits reduce the amount of body fat while maintaining muscle mass.

Methods Basic dietary recommendations for the ratio of macro-nutrients and time aspects of food intake according to the general body weight reduction recommendation. The bioimpedance method is used for assessment of body composition and selected circuits are evaluated at the same time. Based on this data, an individual diet plan was developed for each woman and the dietary effect was continuously evaluated. The study involved six women. Four overweight and obesity weighing 92 ± 17 kg and BMI 35 ± 4 kg/m^2. Two with a normal weight of 60 ± 2 kg and a BMI of 22.5 ± 0.5 kg/m^2. Average age of women 40 ± 15 years.

Results: After the individual diet was applied for three months, we found significant changes in women with higher body weight. They reduced body weight by 6 ± 1 kg and body fat by 5 ± 1 kg. In addition, these persons reduced the waist circumference by 5 ± 2 cm and the hips by 4 ± 2 cm. For the remaining two subjects with normal body weight, we did not find any significant changes in the monitored parameters

Key words: Nutrition, way of living, lifestyle, obesity, BMI, dietary, basal metabolism, nutrition ratio, nutritional habits, reduction, body weight, body fat, muscle mass, body water, energy intake, energy supply