

Obesity is characterized as excess adipose tissue. However, there are various types of the tissue and the different locations of its presence in the body. Visceral adipose tissue is shown as a better indicator for obesity due to complications such as the total amount of fat in the body.

The current study followed 62 women who were divided into two groups, non-obese and obese. Using Computer tomography is measured the amount of visceral adipose tissue along with the total volume body fat. Simultaneously measurements were performed by indirect calorimetry, obtained Data respiratory quotient (RQ) and energy needs-rest (REE) were processed and analyzed. The aim is to determine the extent to which visceral adipose tissue in the oxidation level of the substrate, and has its amount of influence on the utilization of energy substrates