

WHAT IS THE NUTRITION TEST ? WHY DO IT ?

- The NUTRITION TEST gives us an accurate assessment of substrate use, that outlines carbohydrates or fat being used for energy production.
- We can correlate BMI, BMR and substrate utilization to determine:
 - Reason for inability to lose weight
 - Is the person training aerobically or anaerobically
- Ideally, we should have carbohydrate utilization less than 20% and dominant fat metabolism with good BMR

Scenario 1 Is your performance NOT IMPROVING – High BMR, High Carbohydrate utilization.

Interpretation -

This person is training too intensively, anaerobically fit, but wrongly fit.

Recommended procedure:

The training is too intensive. The recovery and regeneration from training is poor. We would recommend training in the aerobic endurance training zone, so that the fat metabolism can be improved.

Scenario 2 High BMI, low BMR but high fat utilization more than 60% and low carbohydrate utilization less than 20%

Interpretation

High BMI (obese), the body is utilising energy from fat metabolism we can improve the BMR through training.

Recommended procedure:

Training combining both aerobic, anaerobic and strength training to increase muscle mass will improve this condition. Increase of muscle mass leads to increase of the basal metabolic rate.

HOW IS THE TEST DONE

1. The test is performed by a breath by breath analyser , a mask which has inbuilt sensors is attached to the face to record every breath which is processed through this portable metabolic analyser .
2. Nutrition analysis – Breath is recorded over 5 minutes. Results show calories burnt at rest, fuel used to produce energy example carbohydrates or fats which has a direct impact on performance and weight management.

WHAT IS THE EQUIPMENT USED

The equipment is from Dynostics, Germany which is precise in measurements. Before each test the equipment goes through detailed calibration before recording the test. The results are checked by sports scientists in Germany before being released.

HOW MUCH DOES THE TEST COST -Rs 2500 FOR THE NUTRTION

WHO WILL CONDUCT THE TEST

This test is conducted by Sports Medicine Doctors at Col Dr Rana K Chengappa Sports Medicine & Ortho Rehab Clinics

WILL YOU BE SUGGESTING A DIET

You can take a video consultation with our Sports Nutritionist Dr Geetanjali Bhide on 8356931094 as part of the Nutrition Analysis test