

**UNISC- UNIVERSIDADE DE SANTA CRUZ DO SUL**

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Bárbara Schossler

**Revisão Bibliográfica: EFEITOS DE DIETAS COM RESTRIÇÃO DE  
CARBOIDRATOS SOBRE O METABOLISMO NA OBESIDADE**

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## **Revisão Bibliográfica: EFEITOS DE DIETAS COM RESTRIÇÃO DE CARBOIDRATOS SOBRE O METABOLISMO NA OBESIDADE**

Barbara Schossler, Acadêmica do curso de Nutrição, Universidade de Santa Cruz do Sul (UNISC), Santa Cruz do Sul, RS, Brasil.

Rodrigo Cauduro Oliveira Macedo, Nutricionista Docente do Departamento de Educação Física e Saúde, Universidade de Santa Cruz do Sul (UNISC), Santa Cruz do Sul, RS, Brasil.

### **RESUMO**

*Introdução e objetivos:* A obesidade é uma doença crônica multifatorial que está associada ao excesso de massa corporal na forma de gordura e está relacionada ao aumento da morbimortalidade. Entre as formas de prevenção, estão a mudança nos hábitos alimentares e no estilo de vida. Para isso, existem diversas estratégias a serem utilizadas, que auxiliam na melhora da composição corporal e parâmetros cardiometabólicos, dentre elas as dietas com restrição de carboidratos (DRC). As DRC enfatizam uma mudança no equilíbrio recomendado de macronutrientes, sendo em sua maioria <40% do total energético diário de carboidratos (CHO). Em função do aumento da obesidade e do crescente interesse em buscar estratégias dietéticas para a prevenção e tratamento desta condição, o objetivo deste estudo foi revisar os efeitos das DRC sobre diferentes variáveis metabólicas e hormonais da obesidade, abordando as suas vantagens e desvantagens. *Materiais e métodos:* A revisão bibliográfica foi realizada a partir das seguintes bases de dados: Pubmed (Medline) e Scielo. Foram lidos 100 resumos de estudos. Destes, foram inclusos 15 que avaliaram o efeito de DRC sobre alguma variável metabólica, hormonal ou composição corporal na obesidade. *Discussão e conclusão:* Diferentes estudos demonstram que as DRC podem ser úteis para indivíduos obesos em função de ocorrer uma diminuição nos níveis de triglicerídeos, aumento do HDL, diminuição da inflamação, melhora no risco de doenças cardiovasculares, além de uma perda de peso e diminuição do perímetro da cintura. Mais estudos são necessários para verificar os efeitos e fatores de confusão desta intervenção sobre risco de mortalidade.

**Palavras-chave:** Dieta com Restrição de Carboidratos; Perda de peso; Lipemia, Glicemia

## ***EFFECTS OF LOW CARBOHYDRATE DIETS ON METABOLISM IN OBESITY***

### **ABSTRACT**

*Introduction and objectives:* Obesity is a chronic multifactorial disease that is associated with excess body mass in the form of fat and is related to increased morbidity and mortality. Among the forms of prevention are the change in eating habits and lifestyle. There are several strategies which help in improving body composition and cardiometabolic parameters, among them the low-carbohydrate diets (LCD). LCD emphasizes a change in the recommended macronutrient balance, where <40% of the daily energetic total of carbohydrates (CHO). Due to the increase in obesity and the growing interest in dietary strategies for the prevention and treatment of this condition, the objective of this study was to review the effects of LCD on different metabolic and hormonal variables of obesity, addressing their advantages and disadvantages, *Materials and methods:* The literature review was performed from the following databases: Pubmed (Medline) and Scielo. It was read 100 study summaries. Of these, 15 were included that evaluated the effect of LCD on some metabolic, hormonal or body composition variables in obesity. *Discussion and conclusion:* Different studies have shown that LCD may be useful for obese individuals due to a decrease in triglyceride levels, increase of HDL, decrease in inflammation, improvement in the risk of cardiovascular diseases, besides a loss of weight and decrease of the waist circumference. More studies are needed to verify the effects and confounding factors of this intervention on mortality risk.

Key-words: Diet, Carbohydrate-restricted, Weight loss, Lipemia, Blood Glucose

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