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片语健康

代谢适应和减肥失败

减肥后体质量反弹导致许多人减肥失败，根本原因是发生了代谢适应（Metabolic adaptation）[1]。

代谢适应是人在减肥时启动的一种抵抗体质量降低的自我保护生理反应，表现为基础代谢率下降、能量消耗减少和食欲增强。食欲增强由大脑食物奖励区域信号驱动。饥饿激素（Ghrelin）的分泌在体质量减轻后 1 年内都有增加。这使体质量每减轻 1 kg，每天的食物摄入量就会增加 100 kcal[1]。

有研究表明，能量消耗的减少和体质量的降低不一致。体质量减少 10%会导致总能量消耗（Total energy expenditure）减少 15%[1]。这提示减重后的食物摄入不能如减重前一样多，要少一点，不然会能量过剩。能量过剩的结果是体质量反弹。

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