

Jak schudnąć z brzucha – literatura

1. The Effects of Consuming Frequent, Higher Protein Meals on Appetite and Satiety During Weight Loss in Overweight/Obese Men, Heather J. Leidy,^{1,2} Minghua Tang,² Cheryl L.H. Armstrong,² Carmen B. Martin,² and Wayne W. Campbell, <https://www.ncbi.nlm.nih.gov/ucd.idm.oclc.org/pmc/articles/PMC4564867/>
2. High Dietary Fructose: Direct or Indirect Dangerous Factors Disturbing Tissue and Organ Functions, Dong-Mei Zhang, Rui-Qing Jiao, and Ling-Dong Kong, <https://www.ncbi.nlm.nih.gov/ucd.idm.oclc.org/pmc/articles/PMC5409674/>
3. Consuming fructose-sweetened, not glucose-sweetened, beverages increases visceral adiposity and lipids and decreases insulin sensitivity in overweight/obese humans, Kimber L. Stanhope,^{1,2} Jean Marc Schwarz, <https://www.jci.org/articles/view/37385>
4. The Effects of Consuming Frequent, Higher Protein Meals on Appetite and Satiety During Weight Loss in Overweight/Obese Men, Heather J. Leidy,^{1,2} Minghua Tang, <https://www.ncbi.nlm.nih.gov/ucd.idm.oclc.org/pmc/articles/PMC4564867/>
5. Gluconeogenesis and energy expenditure after a high-protein, carbohydrate-free diet, Margriet AB Veldhorst, Margriet S Westerterp-Plantenga, Klaas R Westerterp, <https://academic.oup.com/ajcn/article/90/3/519/4597025>
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9. Intake of macronutrients as predictors of 5-y changes in waist circumference, Jytte Halkjær, Anne Tjønneland, Birthe L Thomsen, Kim Overvad, Thorkild IA Sørensen, <https://academic.oup.com/ajcn/article/84/4/789/4633042>
10. Lifestyle Factors and 5-Year Abdominal Fat Accumulation in a Minority Cohort: The IRAS Family Study, Kristen G. Hairston,¹ Mara Z. Vitolins, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3856431/>
11. The effect of abdominal exercise on abdominal fat, Sachin S Vispute ¹, John D Smith, James D LeCheminant, Kimberly S Hurley, <https://pubmed.ncbi.nlm.nih.gov/ucd.idm.oclc.org/21804427/>
12. The Effect of Exercise on Visceral Adipose Tissue in Overweight Adults: A Systematic Review and Meta-Analysis, Dirk Vissers, Wendy Hens, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3568069/>