

12° **NEEX**

SALA

12° Meeting
Internacional de

NUTRIÇÃO ESPORTIVA



2024 ▶

NUTRIÇÃO · MEDICINA · ESPORTE
Expert | Experience | Expo



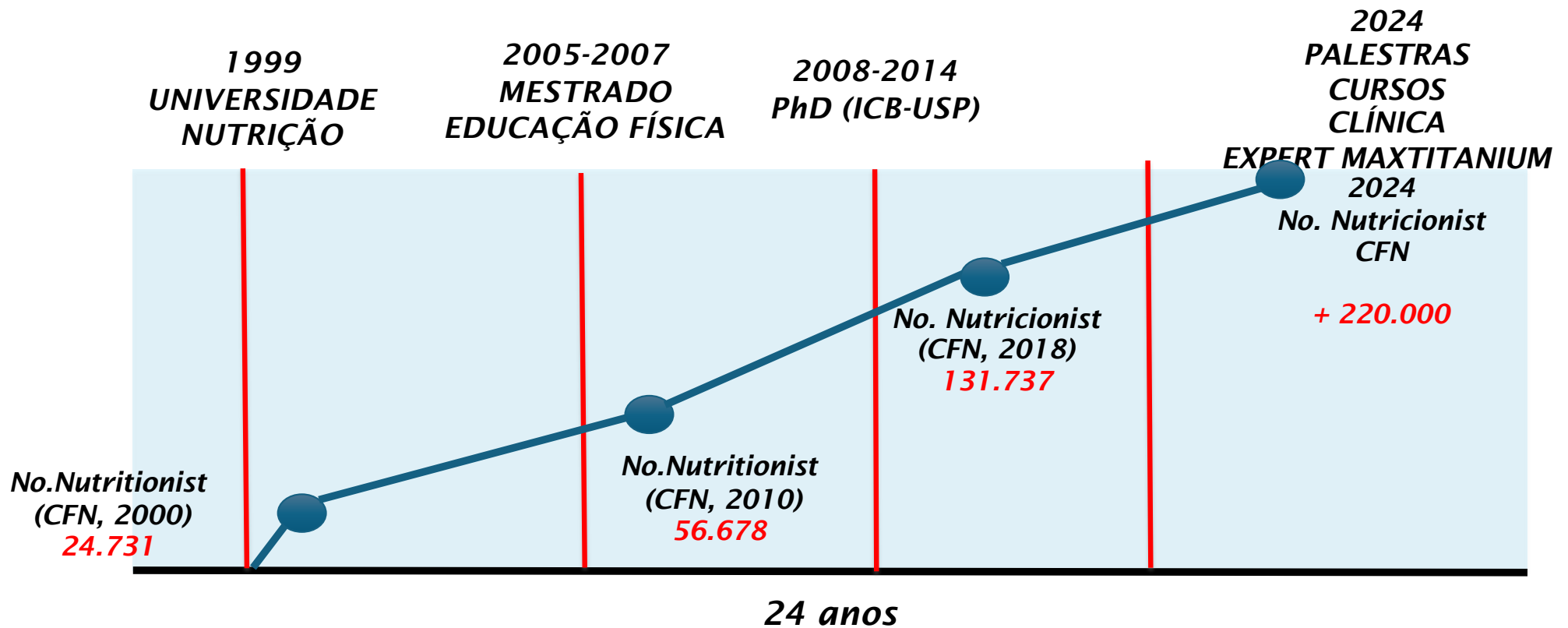
04 · 05

OUT

TRANSAMERICA
EXPOCENTER



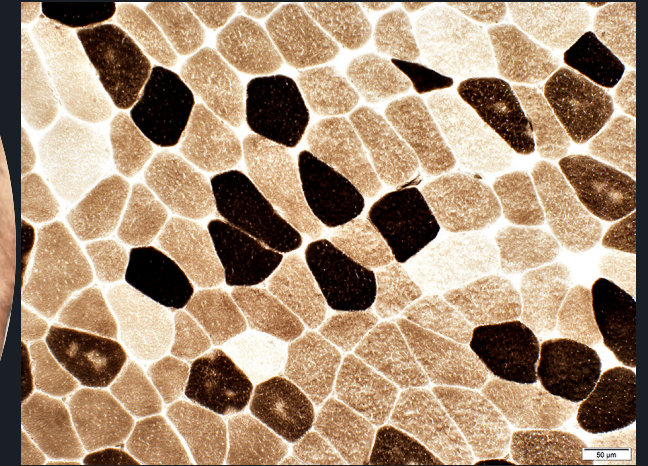
CRESCIMENTO DA NUTRIÇÃO NO BRASIL



RECOMPOSIÇÃO CORPORAL



PERDER GORDURA



GANHAR MÚSCULOS



FATOS REAIS

EXPECTATIVA



*NUTRI:
SEJA BEM VINDA, EM QUE POSSO AJUDAR?*

*PACIENTE:
EU QUERO PERDER GORDURA E GANHAR MASSA MUSCULAR*

REALIDADE



*PACIENTE:
MAS NÃO QUERO FICAR MUITO GRANDE!!!*



OPEN

Body Recomposition: Can Trained Individuals Build Muscle and Lose Fat at the Same Time?

Christopher Barakat, MS, ATC, CISSN,¹ Jeremy Pearson, MS,¹ Guillermo Escalante, DSc, MBA, ATC, CSCS, CISSN,² Bill Campbell, PhD, CSCS, FISSN,³ and Eduardo O. De Souza, PhD¹
¹Department of Health Sciences and Human Performance, The University of Tampa, Tampa, Florida; ²Department of Kinesiology, California State University, San Bernardino, California; and ³Performance & Physique Enhancement Laboratory, University of South Florida, Tampa, Florida



CONHECIMENTO DA FISIOLOGIA DO EXERCÍCIO

Muscle Fiber Types

Type 1
(Slow-twitch)



Aerobic (oxidative)
metabolism

Type 2A
(Intermediate fast-twitch)



Aerobic (oxidative)
& anaerobic (glycolytic)
metabolism

Type Type 2X
(Fast-twitch)



Anaerobic (glycolytic)
metabolism



Endurance



Strength



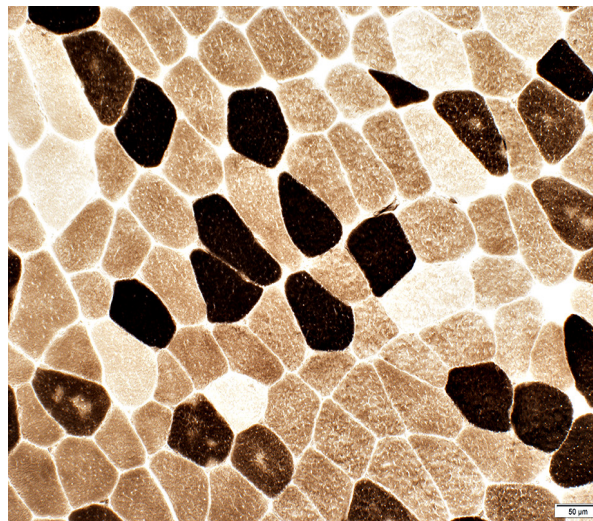
Slow twitch muscle fiber



Fast twitch muscle fiber

Bodyworks Prime
www.bodyworkprime.com

Bíceps

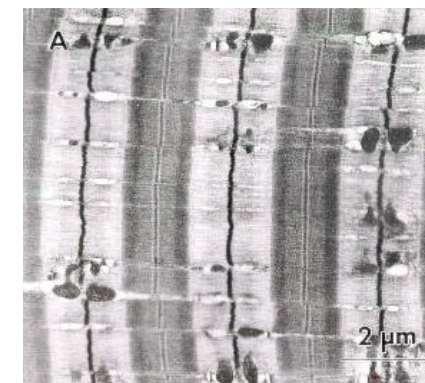
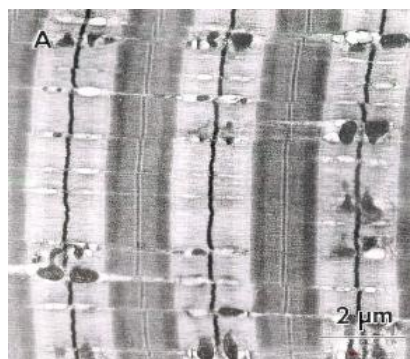
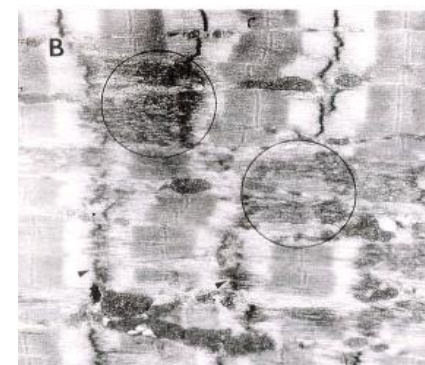
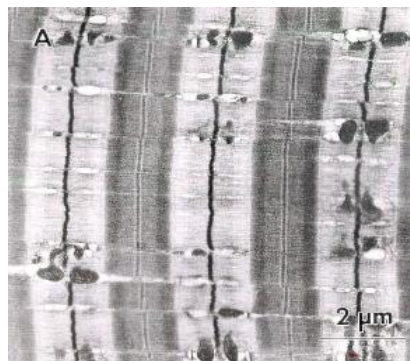
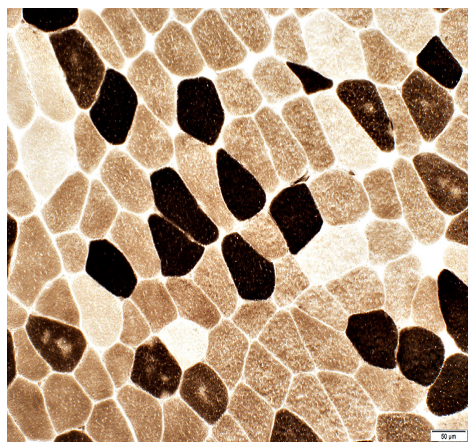


Quadríceps



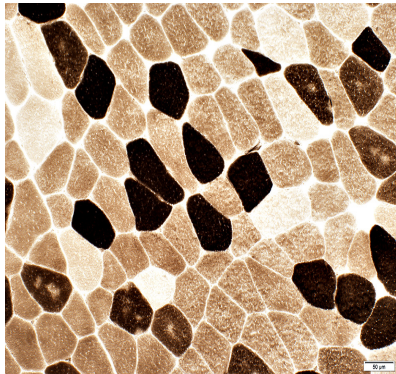
RECOMPOSIÇÃO CORPORAL - EFEITOS DO EXERCÍCIO FÍSICO

FIBRA TIPO II

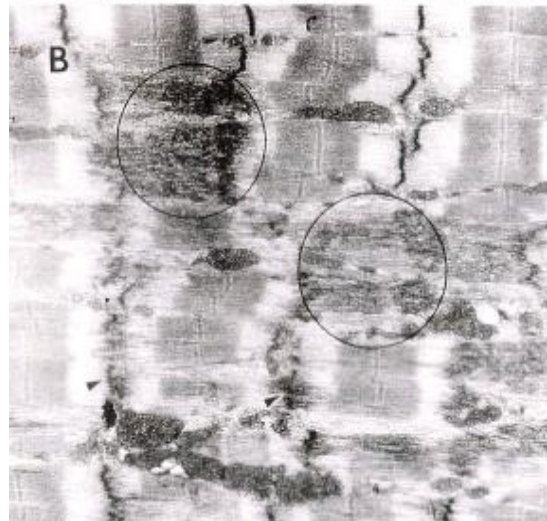


RECOMPOSIÇÃO CORPORAL - EFEITOS DO EXERCÍCIO FÍSICO

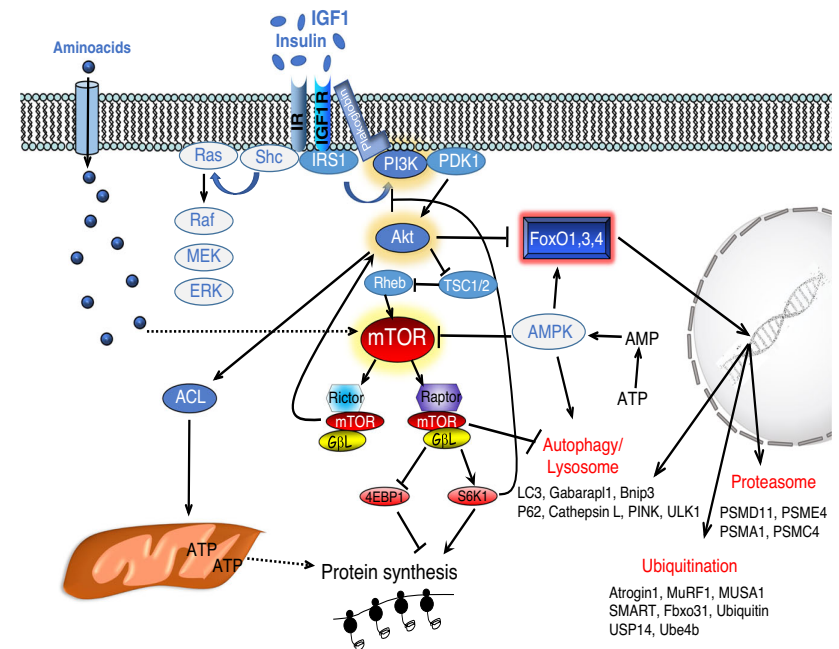
FIBRA TIPO II



EFEITO DO TREINO



ADAPTAÇÕES MOLECULARES

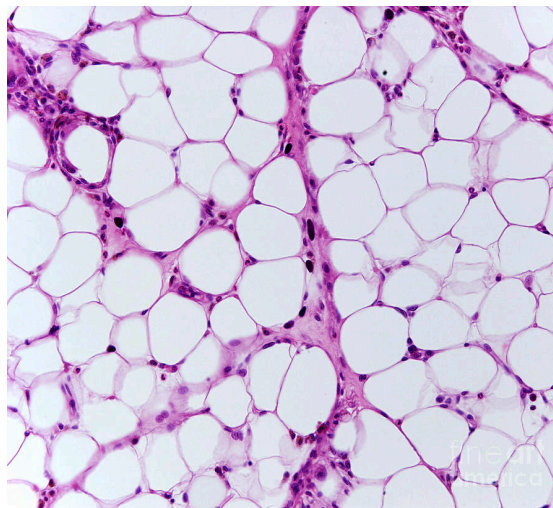


RECOMPOSIÇÃO CORPORAL - EFEITOS DO EXERCÍCIO FÍSICO

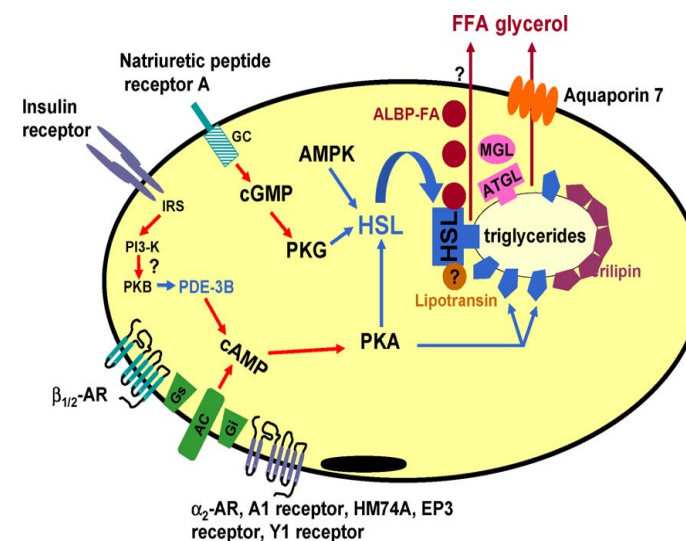
Tec. Adiposo



Tec. Adiposo



Adipócitos



RECOMPOSIÇÃO CORPORAL - EFEITOS DO EXERCÍCIO FÍSICO

FIBRA TIPO I

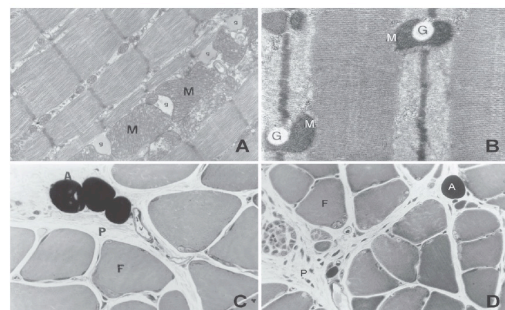
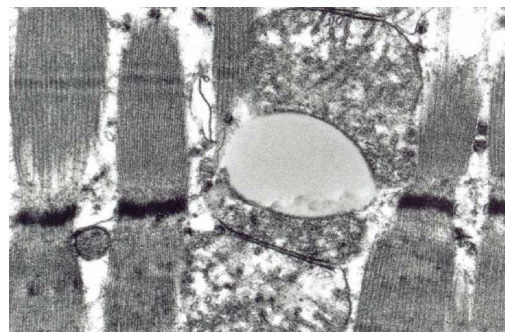
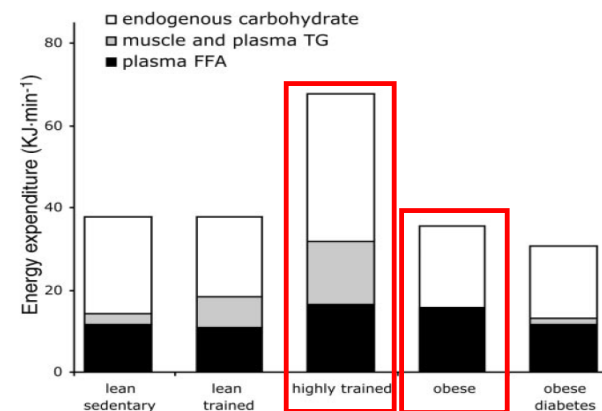


Fig. 1 - Micrografias do músculo esquelético (A e B) - Observar várias gotículas lipídicas circundadas por mitocôndrias (M) - tecido por Aoki (2003)¹⁰. Corte transversal do músculo esquelético (C e D). Observar adipócitos (A) no peritônio (P) entre as fibras musculares (F) - cedido por Balmonte et al. (2004)¹¹.



RECOMPOSIÇÃO CORPORAL - EFEITOS DO EXERCÍCIO FÍSICO

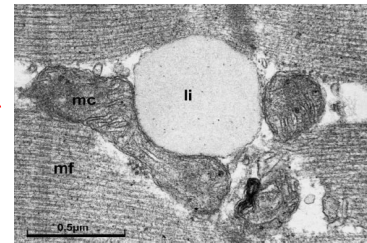
4º

LIPÓLISE
TECIDO ADIPOSO



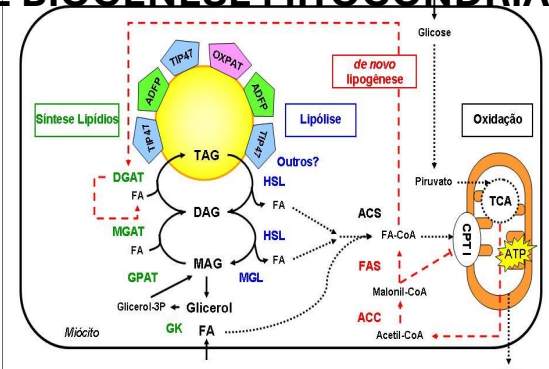
1º

OXIDAÇÃO DE TAGIM



2º

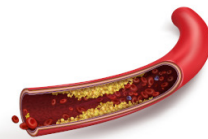
ATIVAÇÃO
E BIOGÊNESE MITOCONDRIAL



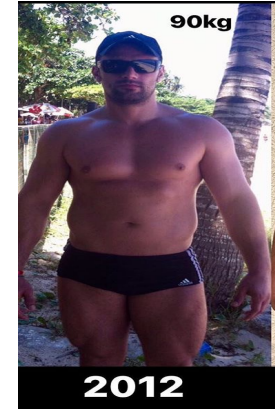
FIBRA TIPO I



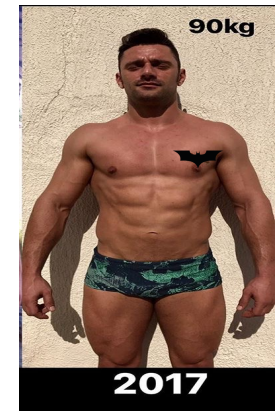
ESCOAMENTO
DA CORRENTE SANGUÍNEA



3º



2012



2017

SONO EMAGRECEDOR

Curr Obes Rep (2012) 1:245–256
DOI 10.1007/s13679-012-0026-7

METABOLIC HEALTH (R. PASQUALI, SECTION EDITOR)



Insufficient Sleep as a Contributor to Weight Gain: An Update

Jean-Philippe Chaput · Angelo Tremblay



Review

Sleep Deprivation: Effects on Weight Loss and Weight Loss Maintenance

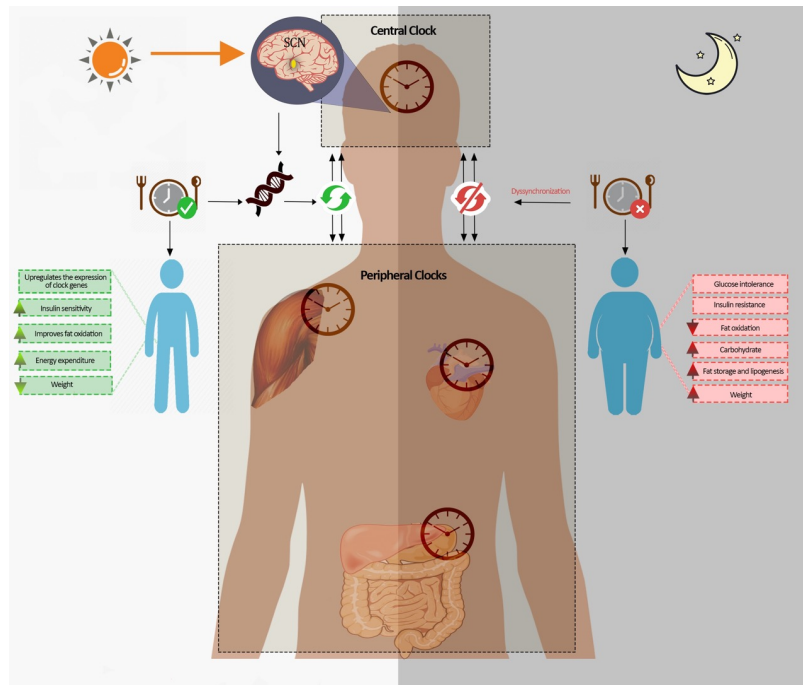
Evangelia Papatriantafyllou ¹, Dimitris Efthymiou ², Evangelos Zoumbaneas ³, Codruta Alina Popescu ^{4,*} 
and Emilia Vassilopoulou ¹ 



Review

Weight Loss and Sleep, Current Evidence in Animal Models and Humans

Elena Gangitano ^{1,2,*} , Noelia Martinez-Sanchez ¹ , Maria Irene Bellini ³ , Irene Urciuoli ³ ,
Stefania Monterisi ⁴, Stefania Mariani ² , David Ray ¹  and Lucio Gnessi ²



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Realização
 Apassionados
por Nutrição

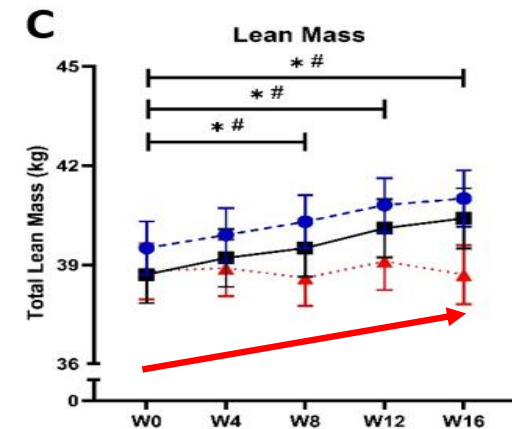
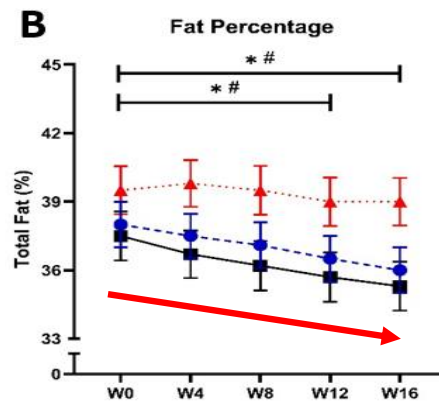
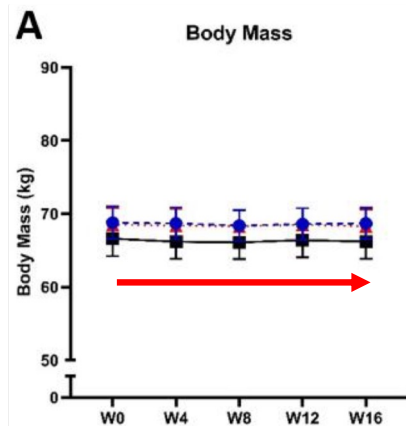
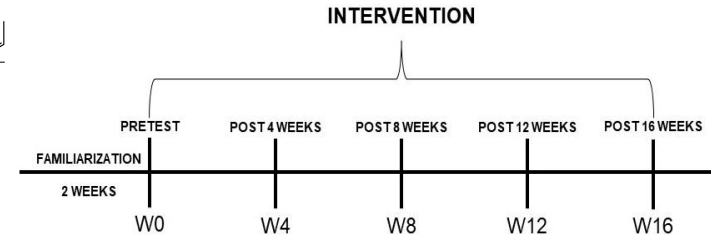
RECOMPOSIÇÃO CORPORAL - MULHERES PÓS-MENOPAUSA



Article

Functional and Combined Training Promote Body Recomposition and Lower Limb Strength in Postmenopausal Women: A Randomized Clinical Trial and a Time Course Analysis

Marcos Raphael Pereira-Monteiro ^{1,*}, José Carlos Aragão-Santos ², Alan Bruno Silva Vasconcelos ¹, Antônio Gomes de Resende-Neto ³, André Filipe Santos de Almeida ², Luis Alberto Gobbo ⁴, Francisco Hermosilla-Perona ^{5,6}, Juan Ramón Heredia-Elvar ⁶, Fabricio Boscolo Del Vecchio ⁷, Felipe J. Aidar ^{1,8} and Marzo Edir Da Silva-Grigoletto ^{1,2,8}



RECOMPOSIÇÃO CORPORAL - UNIVERSITÁRIOS SOBREPESO



Higher compared with lower dietary protein during an energy deficit combined with intense exercise promotes greater lean mass gain and fat mass loss: a randomized trial^{1,2}

Thomas M Longland, Sara Y Oikawa, Cameron J Mitchell, Michaela C Devries, and Stuart M Phillips*

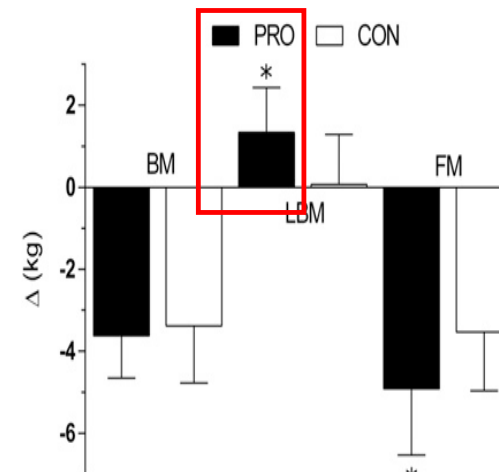
Department of Kinesiology, Exercise Metabolism Research Group, McMaster University, Hamilton, Canada

4 SEMANAS - PERÍODO EXPERIMENTAL (Dieta + Treino)
20 participantes por Grupo

TABLE 2
 Dietary intake (including protein beverages) during the intervention¹

	PRO	CON	P
Protein, g	245 ± 31	116 ± 19	<0.001
Protein, g/kg	2.4 ± 0.1	1.2 ± 0.1	<0.01
Protein, g/kg LBM	3.3 ± 0.1	1.7 ± 0.1	<0.001
Carbohydrate, g	311 ± 35	286 ± 35	0.21
Carbohydrate, g/kg	3.1 ± 0.3	3.0 ± 0.2	0.68
Fat, g	38 ± 6	86 ± 13	0.005
Fat, g/kg	0.4 ± 0.1	0.9 ± 0.1	0.012

¹Values are means ± SDs. n = 40 (20/group). Comparison with the use of unpaired, 2-tailed Student's *t* test. Values were calculated with the use of preintervention body mass and LBM only. See Methods for determination of LBM. CON, lower-protein (1.2 g · kg⁻¹ · d⁻¹) control diet; LBM, lean body mass; PRO, higher-protein (2.4 g · kg⁻¹ · d⁻¹) diet.



RECOMPOSIÇÃO CORPORAL - IDOSOS OBESOS

Verreijen et al. *Nutrition Journal* (2017) 16:10
DOI 10.1186/s12937-017-0229-6

Nutrition Journal

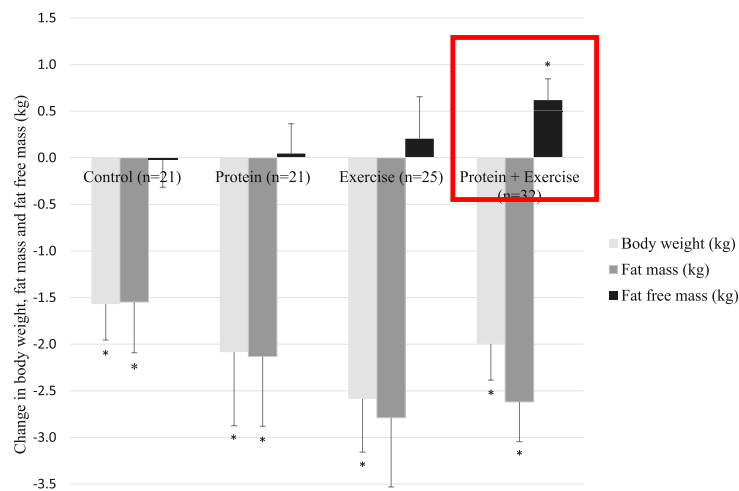
RESEARCH

Open Access



Effect of a high protein diet and/or resistance exercise on the preservation of fat free mass during weight loss in overweight and obese older adults: a randomized controlled trial

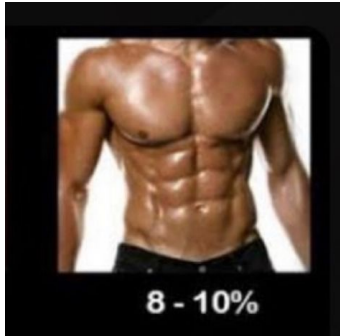
Amely M. Verreijen^{1*}, Mariëlle F. Engberink¹, Robert G. Memelink¹, Suzanne E. van der Plas¹, Marjolein Visser^{2,3} and Peter J.M. Weijts^{1,3}



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ESPORTIVA**

Realização
 Apoiados
por Nutrição

RECOMPOSIÇÃO CORPORAL - ATLETAS



Increased Protein Intake Reduces Lean Body Mass Loss during Weight Loss in Athletes

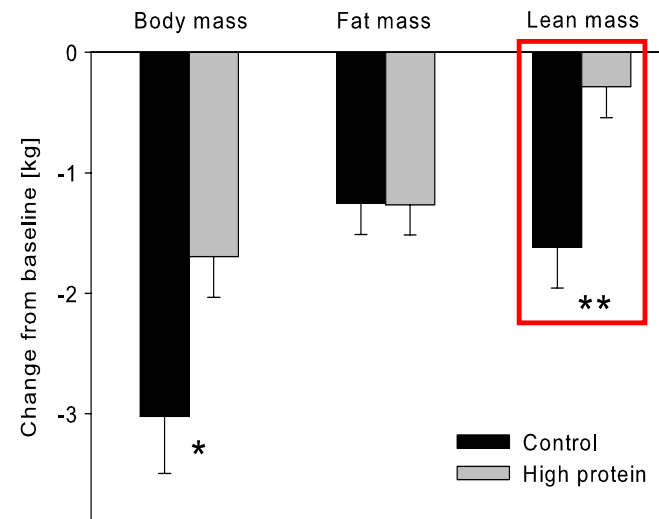
SAMUEL METTLER^{1,2}, NIGEL MITCHELL³, and KEVIN D. TIPTON¹

¹School of Sport and Exercise Sciences, University of Birmingham, Birmingham, UNITED KINGDOM;

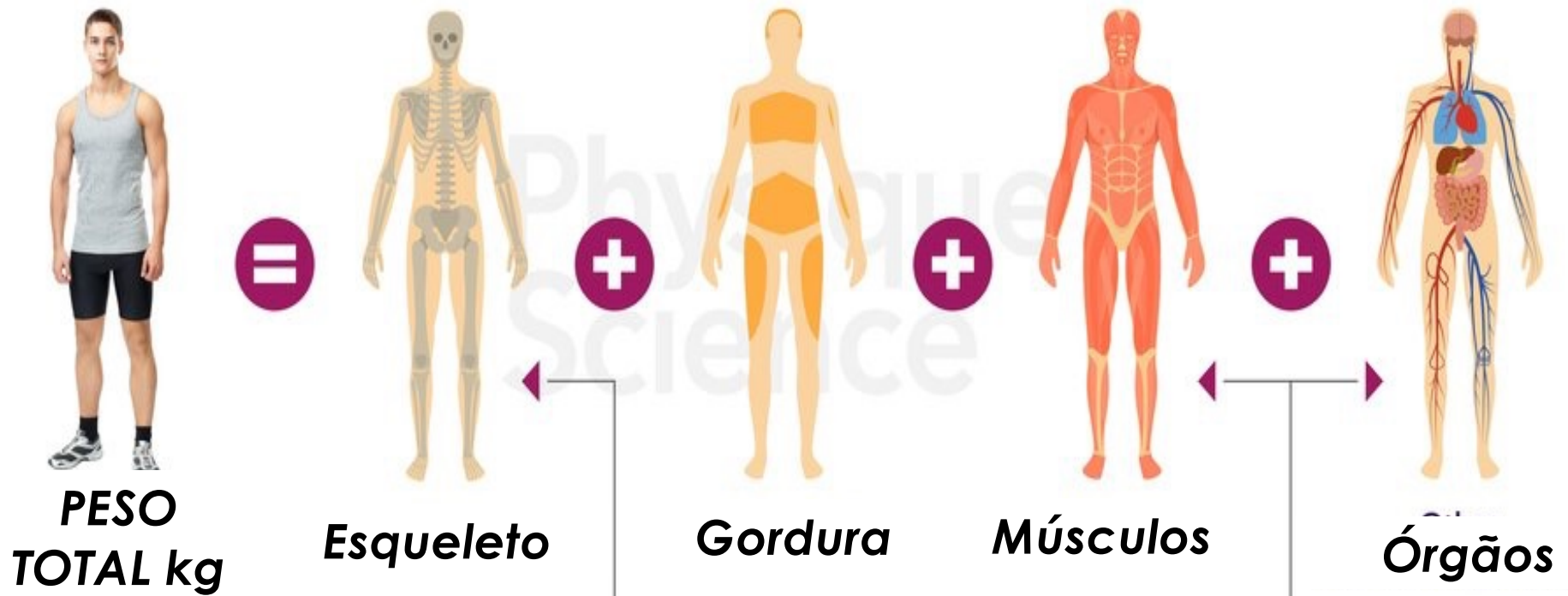
²Department of Agricultural and Food Sciences, ETH Zurich, Zurich, SWITZERLAND; and ³English Institute of Sport, Sheffield, UNITED KINGDOM

TABLE 2. Energy and macronutrient composition of the provided diets per day.

	Time	Control (n = 10)	High Protein (n = 10)
Energy, kJ (kJ·kg ⁻¹)	Week 2	14,411 ± 977 (184 ± 6)	13,936 ± 479 (177 ± 6)
	Week 3	8649 ± 603 (113 ± 4)	8464 ± 288 (108 ± 4)
	Week 4	8583 ± 587 (114 ± 4)	8469 ± 281 (109 ± 4)
	Week 2	428 ± 32 (5.4 ± 0.2)	415 ± 14 (5.3 ± 0.2)
Carbohydrates, g (g·kg ⁻¹)	Week 3	259 ± 18 (3.4 ± 0.1)	257 ± 9 (3.3 ± 0.1)
	Week 4	258 ± 18 (3.4 ± 0.1)	257 ± 9 (3.3 ± 0.1)
	Week 2	133 ± 9 (1.70 ± 0.05)	131 ± 5 (1.65 ± 0.06)
	Week 3	82 ± 6 (1.06 ± 0.05)	31 ± 1 (0.40 ± 0.02) *
Fat, g (g·kg ⁻¹)	Week 4	81 ± 6 (1.07 ± 0.04)	31 ± 1 (0.40 ± 0.02) *
	Week 2	128 ± 9 (1.64 ± 0.06)	125 ± 5 (1.58 ± 0.06)
	Week 3	74 ± 4 (0.98 ± 0.02)	180 ± 6 (2.31 ± 0.08) *
	Week 4	73 ± 4 (0.97 ± 0.02)	180 ± 6 (2.32 ± 0.08) *

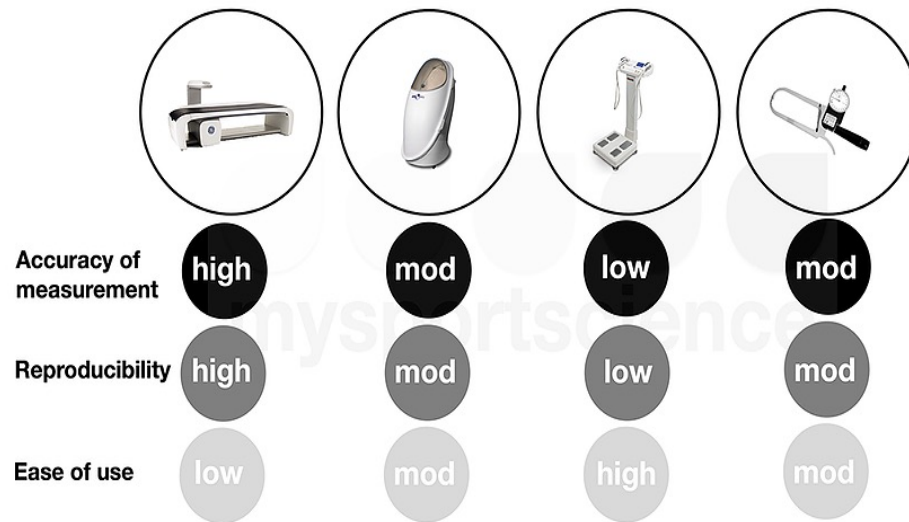


COMPOSIÇÃO CORPORAL

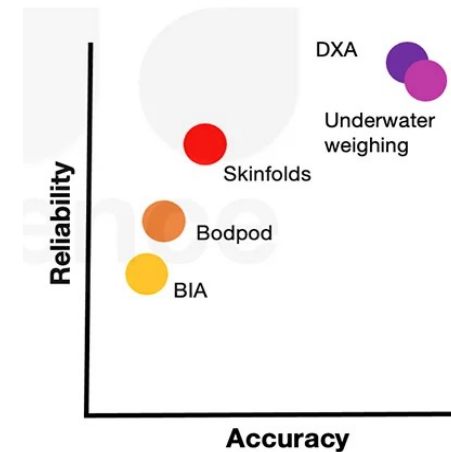


MÉTODOS DE AVALIAÇÃO DA COMPOSIÇÃO CORPORAL

Body composition methods



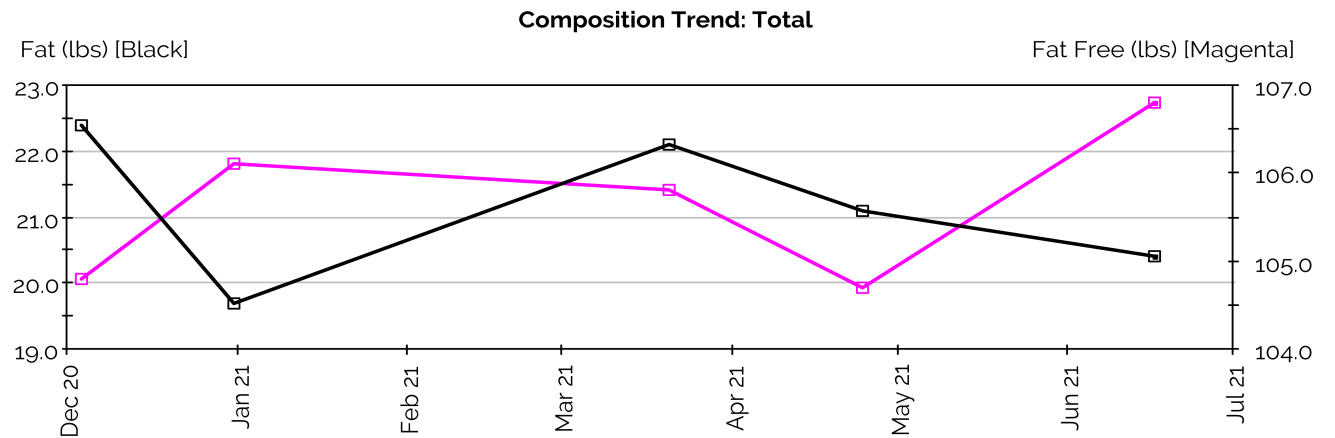
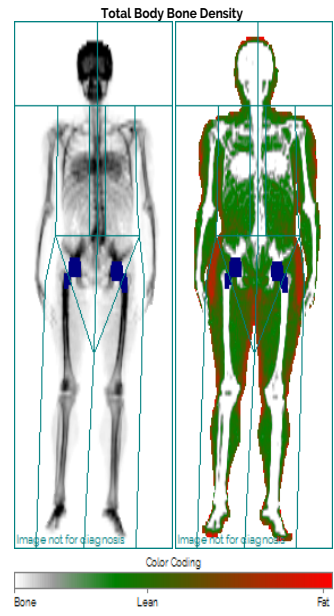
Numbers are rough estimates based on multiple studies





RESULTADOS REAIS - 8 meses

Measured Date	Total Body Fat %
06/16/2021	16.0%
04/24/2021	16.8%
03/20/2021	17.3%
...	...
10/30/2020	20.0%



RESULTADOS REAIS - 6 meses

Idade: 53 anos 4 meses

Realizado em: **25/03/2024**

2. Dados do Compartimento Adiposo ou Gordura:

Massa Gorda Total: 12,755Kg
Percentual de Massa Gorda Total: 16,2% [B]
Índice de Massa Gorda (FMI) : 4,31Kg/m² [C]
Relação entre Gordura Andróide/ Ginóide (Relação A/G): 1,00 [D]
Predomínio da adiposidade: **Andróide.**

3. Dados do Compartimento Magro:

Massa Magra Total: 62,665Kg
Percentual de Massa Magra Total: 79,6%.
Massa Magra Apendicular: 28,003Kg



Realizado em: **11/09/2024**

2. Dados do Compartimento Adiposo ou Gordura:

Massa Gorda Total: 10.258 Kg
Percentual de Massa Gorda Total: 13.44 %
Índice de Massa Gorda (FMI) 3 : 3,46 Kg/m²
Relação entre Gordura Andróide/ Ginóide (Relação A/G)4: 1.09

3 Dados do Compartimento Magro:

Massa Magra Total: 62.913 Kg
Percentual de Massa Magra Total: 82,45 %
Massa Magra Apendicular: 29.117 kg
Índice de Massa Magra Apendicular: 9.84 Kg/m²

-2,49kg de gordura + 1,1kg de músculos

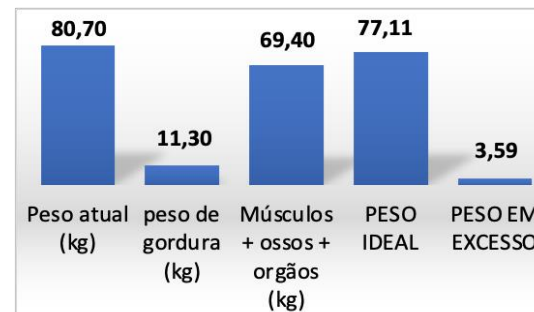
RESULTADOS REAIS - 8 meses



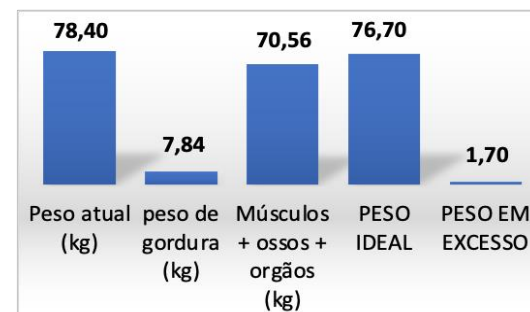
-3,46kg de gordura + 1,16kg de músculos

Eduardo – Resultados

Novembro 2022 – 14% de gordura



Julho 2023 – 10% de gordura



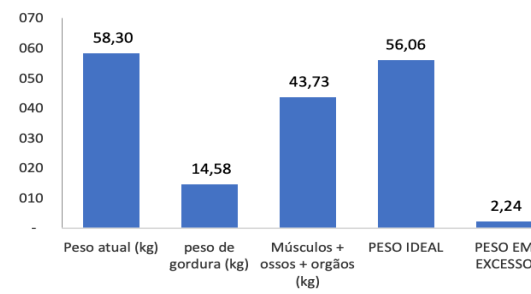
RESULTADOS REAIS - 6 meses



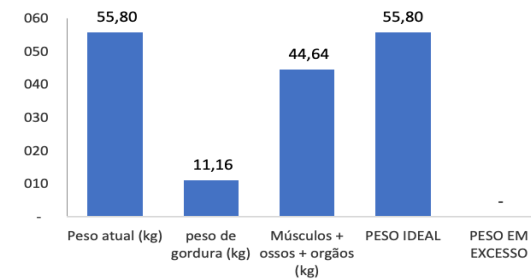
-6,5kg de gordura + 1,75kg de músculos

Alcione

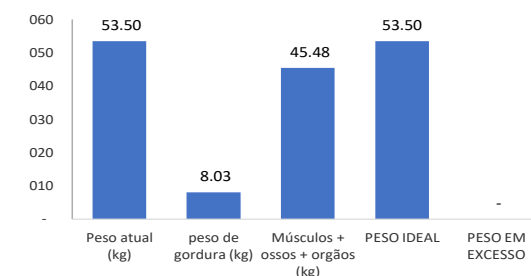
25% de gordura – Abril 2023



20% de gordura – Julho 2023



15% de gordura – Outubro 2023

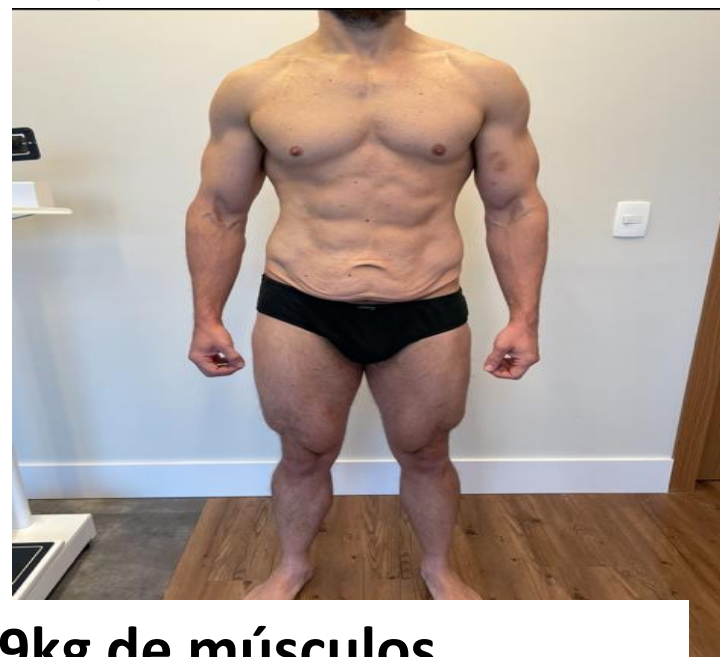


RESULTADOS REAIS - 2 anos

40% de gordura – dezembro 2020



10% de gordura – Maio 2022



- 36kg de gordura + 5,79kg de músculos

Estrutura básica da dieta

Felipe Fedrizzi Donatto, PhD

DIETA
33%



COMPONENTES DA DIETA

QUANTIDADES MÉDIAS

QUANTIDADE CALORICA TOTAL

20-25kcal/kg/dia

GASTO CALÓRICO EXERCÍCIO

400-600kcal/dia

QUANTIDADE PROTEICA

2,0-2,5g/kg/dia

QUANTIDADE CARBOIDRATO

2,0-3,0g/kg/dia

QUANTIDADE DE LIPÍDIOS

0,5-0,8g/kg/dia

QUANTIDADE DE ÁGUA

33-50ml/kg/dia

QUANTIDADE DE FIBRAS

10-12g/1000kcal

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ESPORATIVA**

Realização
 Agência Apassionados
por Nutrição

CURSO COMPLETO

**RECOMPOSIÇÃO
CORPORAL**

TEORIA E PRÁTICA

**4H DE CONTEÚDO
DIRETO AO PONTO!**



FD
MEETING

APONTE SUA CÂMERA AQUI





ASPENUD
Asociación Peruana de Nutrición Deportiva

NUTRICIÓN Y SUPLEMENTACIÓN EN CULTURISMO Y FITNESS

Felipe Donatto

- ▶ Doctor en Ciencias ICB - USP
- ▶ Master en Educación física
- ▶ Nutricionista Deportivo
- ▶ Ponente Internacional IFBB Academy
- ▶ Coordinador Científico International Society of sport Nutrition
- ▶ Coordinador Científico Arnold Conference

أكاديمية إبي إف بي الدولية لبناء الأجسام واللياقة البدنية
IFBB INTERNATIONAL ACADEMY OF BODYBUILDING AND FITNESS
DUBAI

INTERNATIONALLY ACCREDITED
BODYBUILDING AND FITNESS CERTIFICATIONS

Nutrition Course 13 - 14 Oct 2017

HEALTHY TIPS ON NUTRITION & EXERCISE

International Trainer
Felipe Donatto

Hilton Garden Inn - Al moraqbat - Dubai
Time 4 pm To 9 pm
+971 5 22 77 33 00

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melhores do
MUNDO!!**