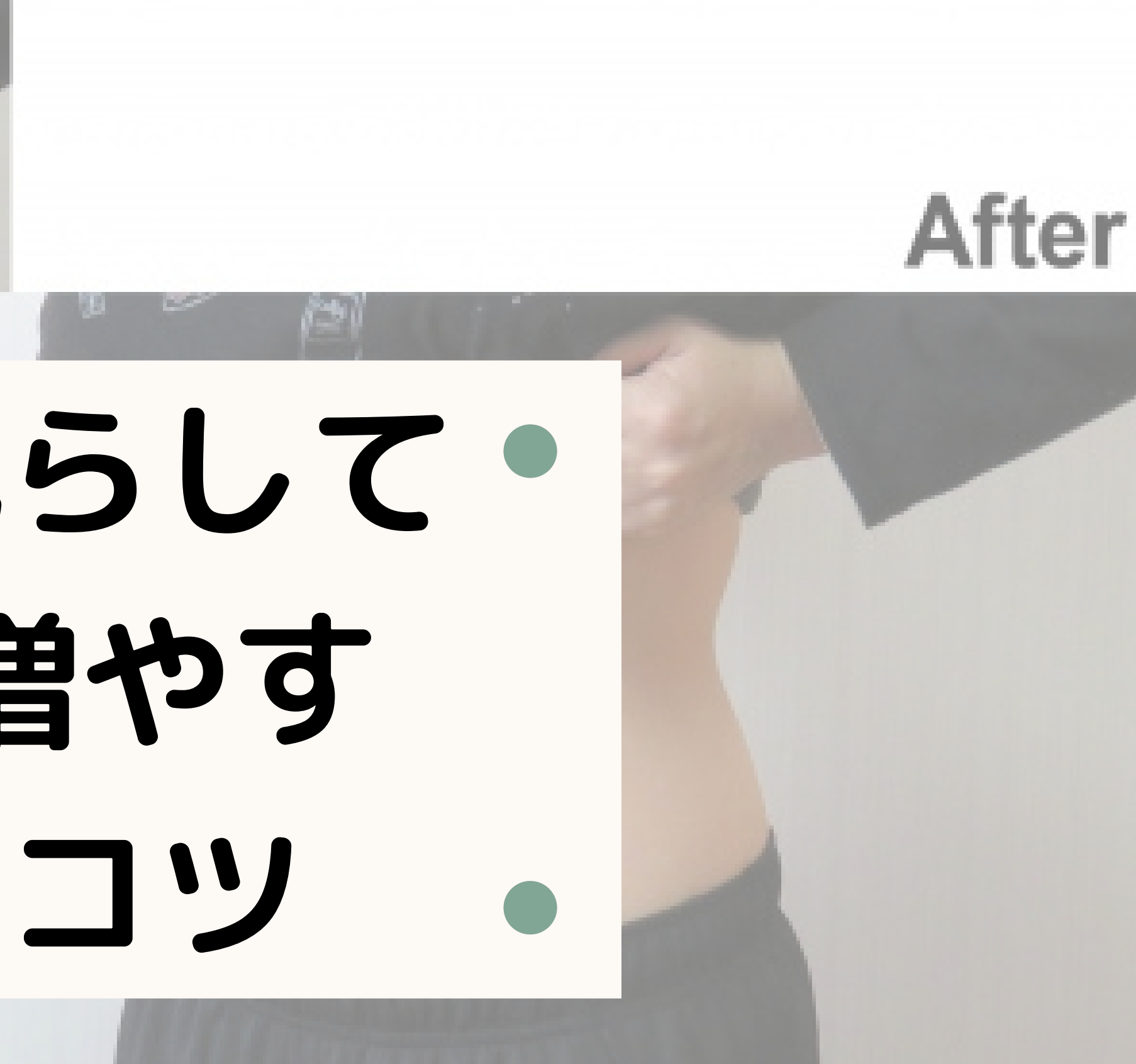




Before



After

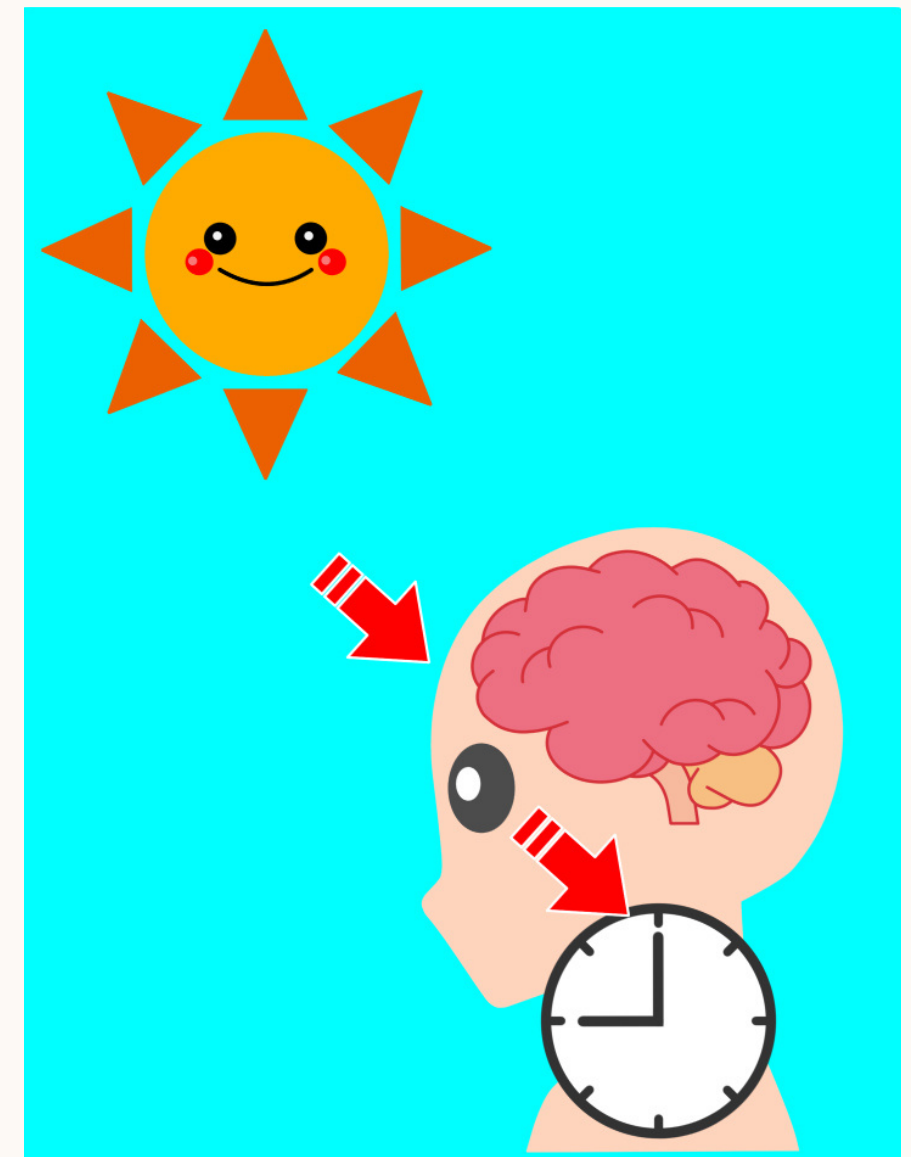
- 脂肪を減らして ●
- 筋肉を増やす
- 食事のコツ ●

A top-down view of various fresh ingredients arranged on a light-colored, textured surface. On the left, there's a plate with Swiss cheese, a small bowl of white cream, and a sprig of green herbs. Next to it is a bowl of penne pasta. In the center, there's a glass bottle of yellow oil, a whole green zucchini, a yellow lemon, and a small yellow bell pepper. To the right, a black bowl contains raw red meat and a large piece of white fish. Further right, there's an orange, a head of white cabbage, a red apple, and several pieces of ginger root. The overall composition is vibrant and suggests a focus on healthy, fresh ingredients.

A top-down view of a variety of fresh ingredients arranged on a light-colored, textured surface. In the center is a large, vibrant orange salmon fillet resting on a dark wooden cutting board, garnished with a lime wedge and fresh thyme. To the left of the salmon are several small white bowls containing different types of grains: yellow quinoa, white rice, and small round beans. Next to these are two eggs, one brown and one white, and a small brown speckled egg. Further left are more small bowls containing green olives, red olives, and walnuts. To the right of the salmon are more ingredients: a bowl of mixed beans, a whole red tomato, a butternut squash, two sweet potatoes, and a loaf of bread in a woven basket. The overall composition is a rich and diverse collection of whole foods.

カラダに溜め込まない食事～理想のルーティン～

- 起床したらすぐ日の光を浴びて体内時計を活動モードに！
- 起床後2時間以内に朝食を食べる。
- 食事は6時間間隔で食べる。



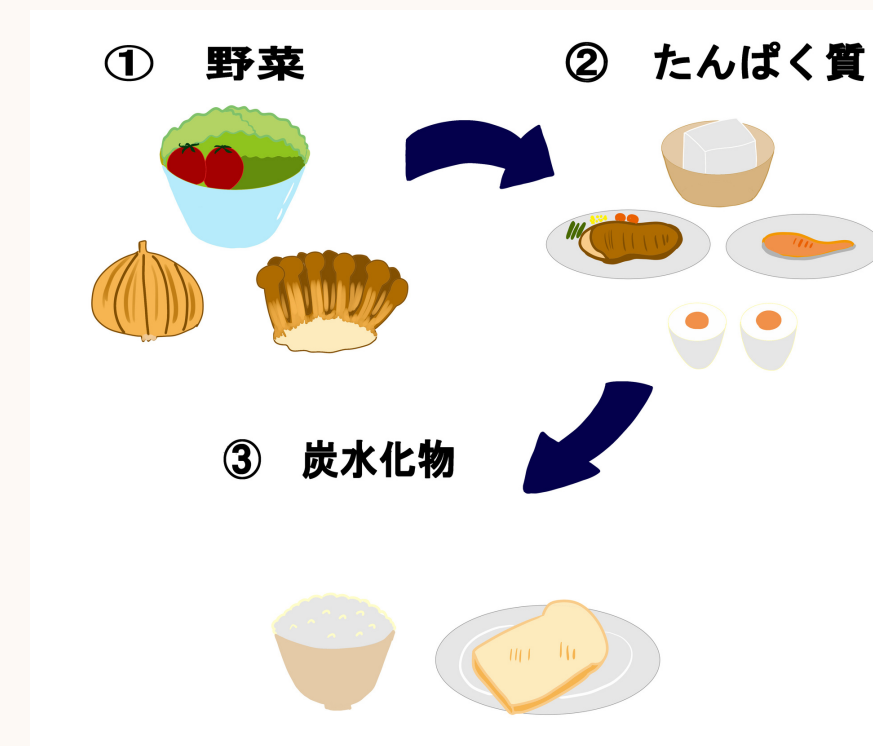
脂肪を減らして筋肉を増やすために 最も重要な3つのこと



1. 朝食は必ず食べる

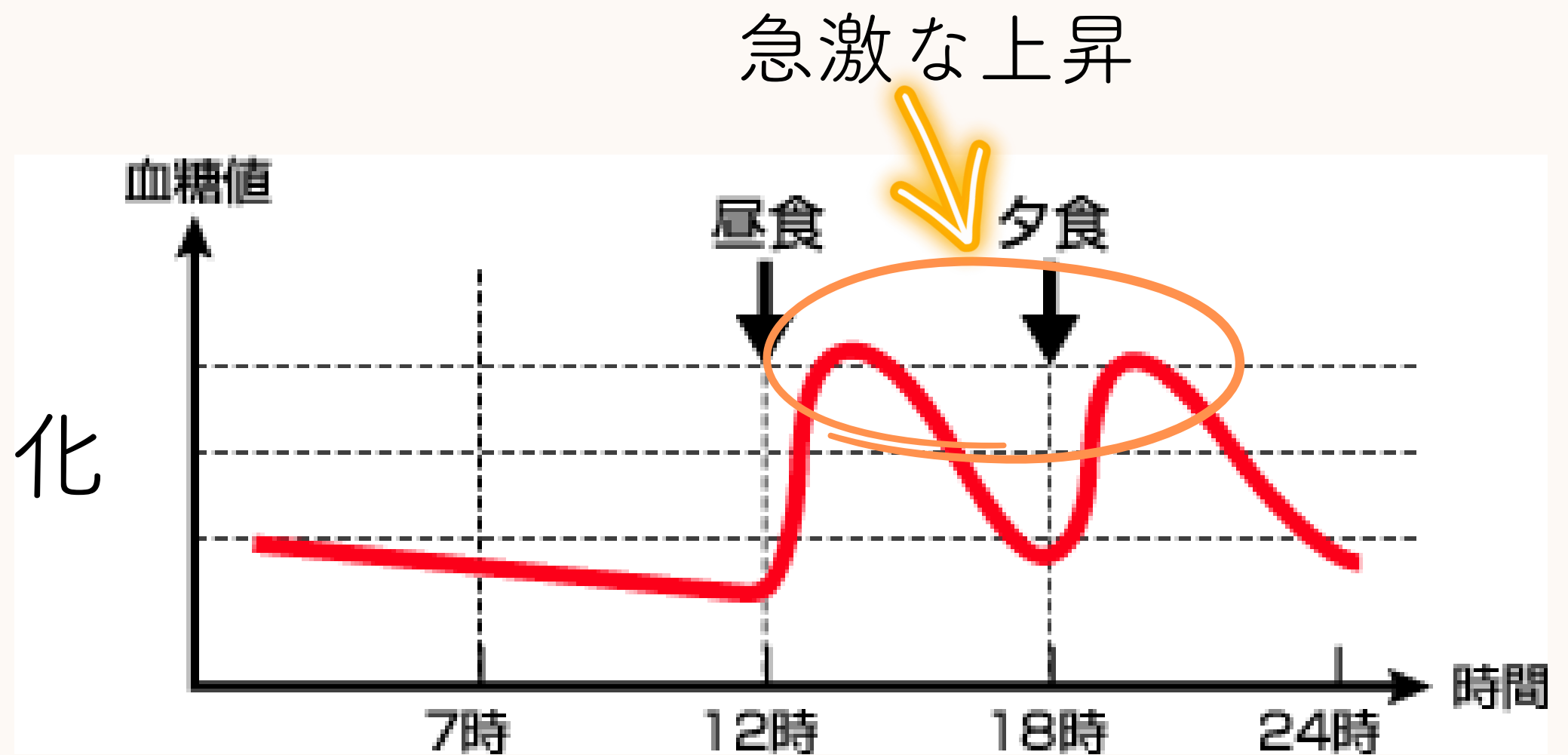
2. 血糖値を上げない食事のしかた

3. 筋肉を分解させない食事の間隔

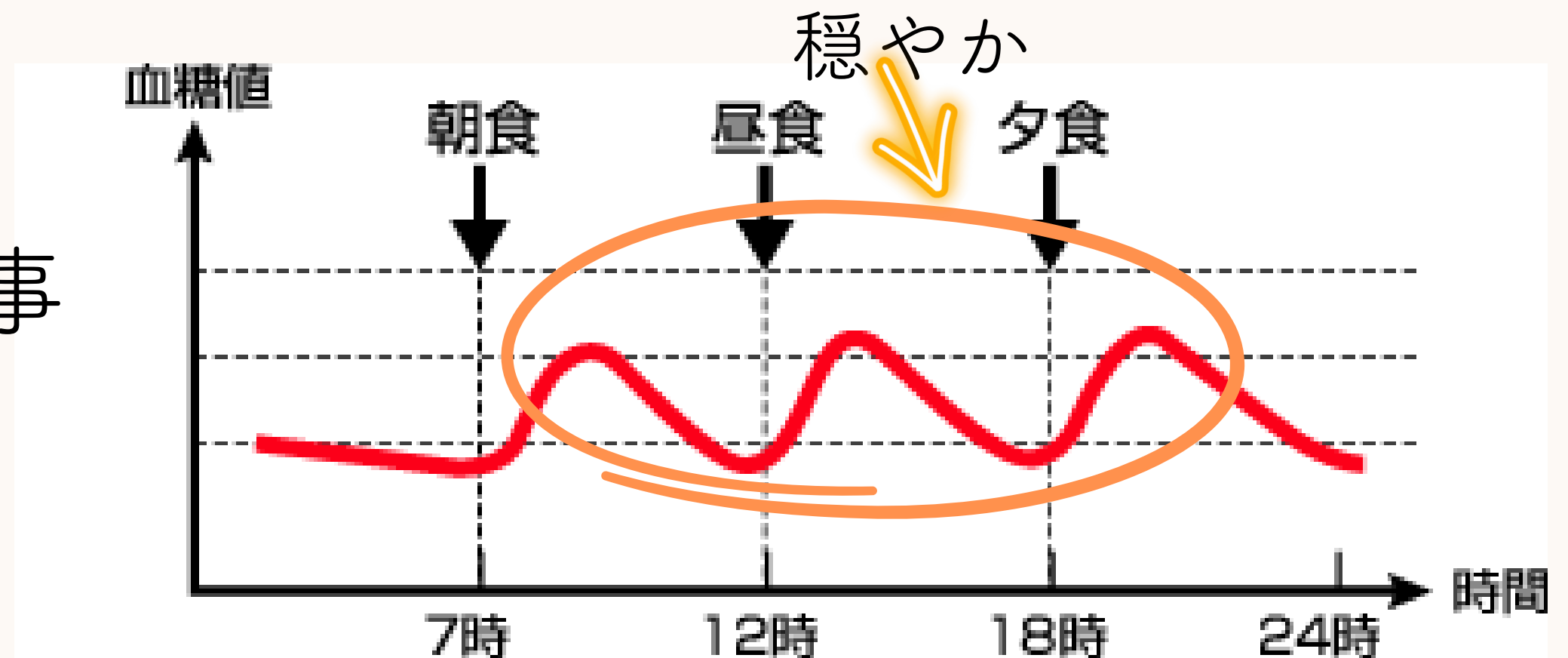


空腹の時間が長いと
食後の血糖値が急上昇する

朝食抜きの血糖値の変化

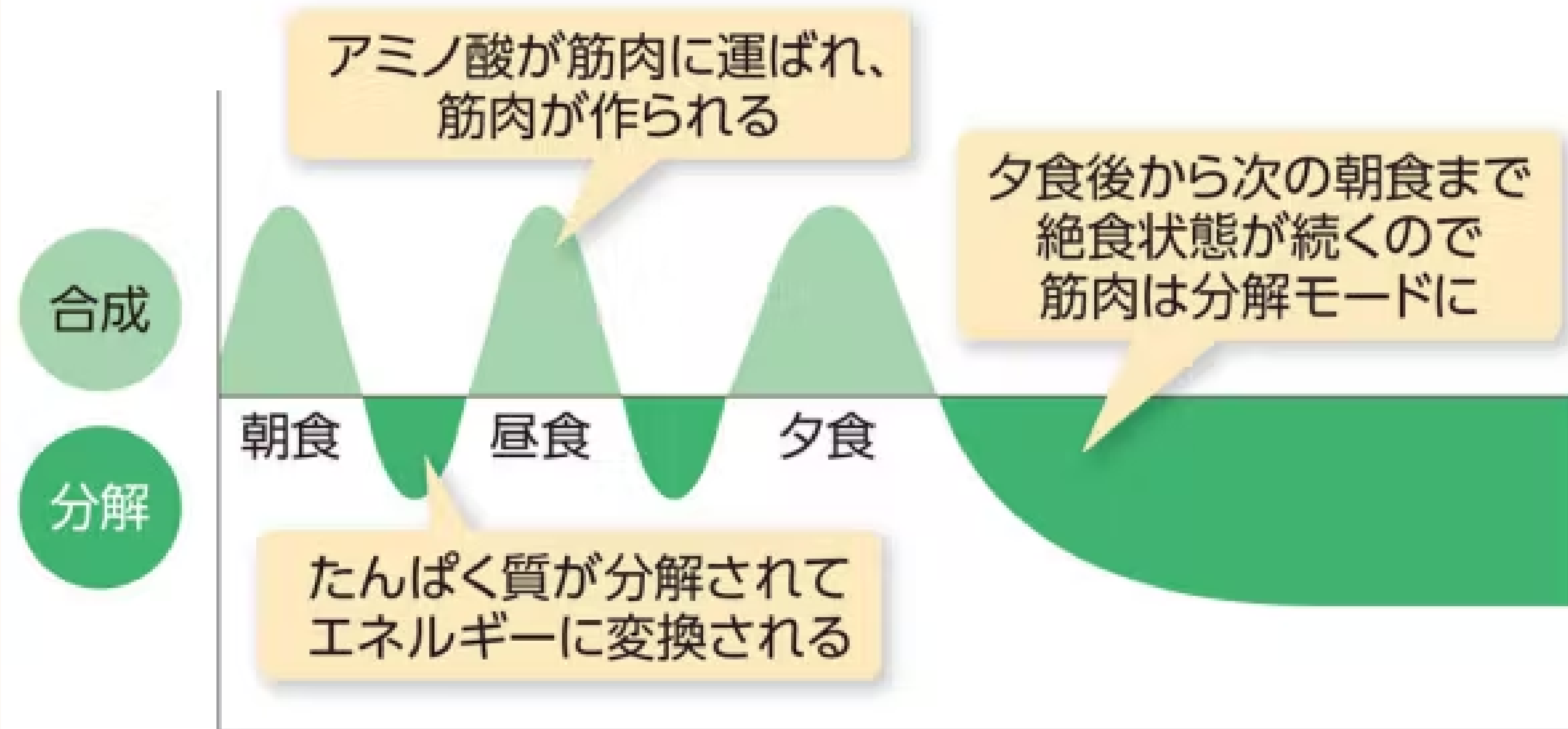


3食決まった時間に食事
した血糖値の変化



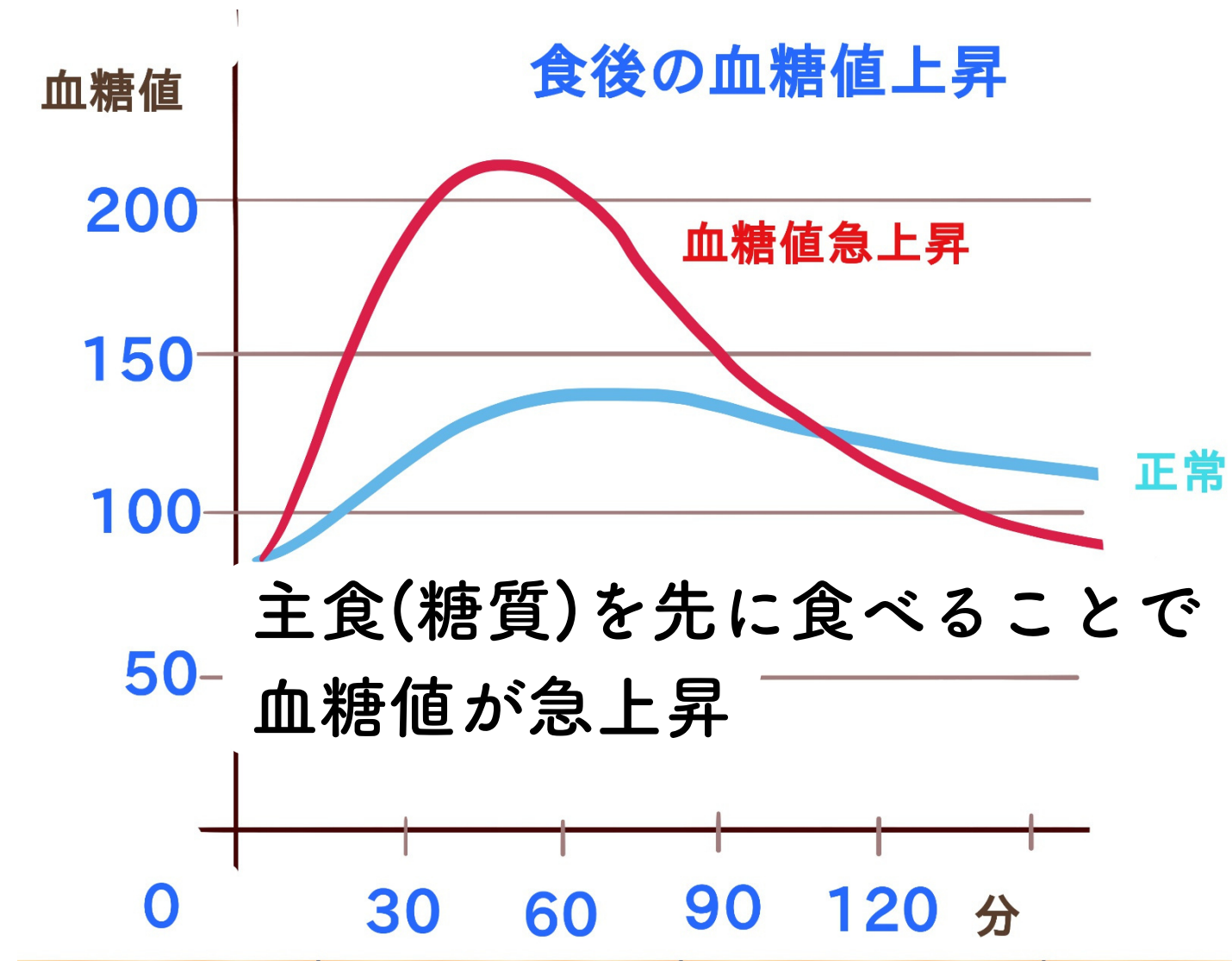
※画像出典：日本医師会ホームページ

空腹が6時間以上続くと筋肉が分解される



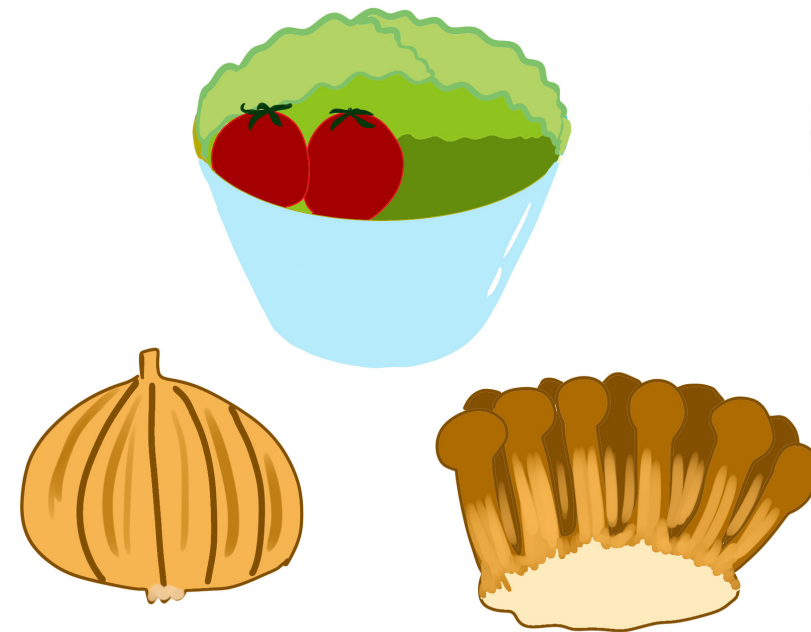
出典：藤田聡（2011）基礎老化研究

食事で太るメカニズム

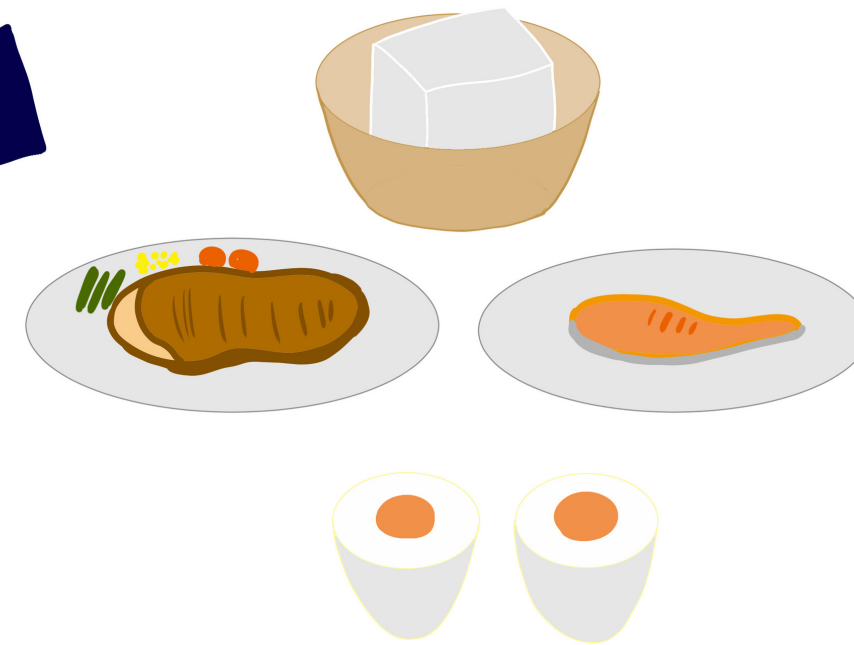


脂肪を減らして筋肉を増やす食べ方

① 野菜



② たんぱく質



③ 炭水化物

野菜から食べると血糖値が上がりにくい

