

MICHEL MONTIGNAC DIET METHOD (ДІЄТА МІШЕЛЯ МОНТЕНЬЯКА)

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Michel Montignac was the first health expert to recommend the use of the glycemic index for weight management.

The Montignac Method is based on the principle of consuming low glycemic index carbohydrates. It especially emphasizes very low GI carbs, which has the effect of reducing high blood sugar and insulin levels. Ultimately this results in weight loss and beneficial health outcomes.

It teaches to adjust eating habits to achieve the goals of:

- weight loss;
- preventing weight gain;
- preventing type II diabetes;
- reduce the risk of heart disease.

The Montignac Method does not require limiting the amount of eating food. Food consuming is based on its nutritional value.

Foods are chosen on the base of the following characteristics:

- the best carbohydrates are those with the lowest glycemic index;
- the highest quality fats are the ones high in omega-3 and monounsaturated fatty acids. This includes fish and olive oil;
- saturated fats such as butter and fatty meats should be avoided;
- proteins should be selected based on how they affect insulin metabolism.

The Montignac Method consists of two phases: 1) Phase I: The Weight-Loss Phase; 2) Phase II: Stabilization and Prevention Phase.

With the Montignac Diet Method two different kinds of meals can be selected: either a lipid-protein or a carb-protein meal. A lipid-protein meal means to combine proteins and fats. This meal involves consumption of carbohydrates which have a glycemic index of 35 or lower.

Carb-protein meals largely consist of carbohydrates with a glycemic index from 35 to 50. In this meal fats, with the exception of omega 3 fats from fish or very small portions of monounsaturated fats, should be avoided.

The Montignac Method is a diet designed to support healthy weight management by choosing foods with a low glycemic index. This approach will assist with the regulation of blood sugar and insulin levels, which generally results in weight loss.