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Phosphorus ingestion with a high carbohydrate meal increased postprandial energy expenditure of obese and lean subjects

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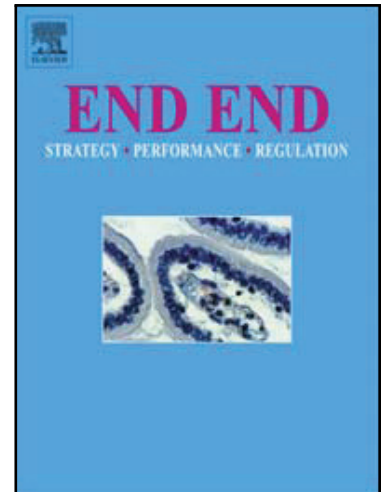
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Highlights of Phosphorus ingestion with a high carbohydrate meal increased postprandial energy expenditure of obese and lean subjects

- Phosphorus ingestion (500 mg) with meal increased postprandial energy expenditure of both lean and obese subjects.
- The pattern of changes in on energy expenditure was varied between lean and obese subjects.
- A rough estimation indicates that phosphorus was able to increase energy expenditure by about 50 kcal/d or 1500Kcal/month.
- Phosphorus ingestion with was also able to increase fat oxidation, especially among lean subjects.

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