

POSTER PRESENTATION

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Thermic effect of feeding: orange juice vs. a protein drink (240 kcal)

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From International Society of Sports Nutrition: 7th Annual ISSN Conference and Expo
Clearwater Beach, FL, USA. 24-26 June 2010

Abstract

We investigated the thermic effect of feeding (TEF) equicaloric (1004.16 kJ) portions of randomly provided fresh squeezed orange juice (17.45 oz) and Protein Rush_{TM} (40g protein, 17 oz). Eight subjects (5 women, 3 men; 25.8 ± 9.2 yrs, 174.9 ± 12.4 cm, 71.5 ± 17.5 kg) reported to the lab on subsequent mornings and underwent 30-minutes of resting metabolic rate testing, followed by 2-minutes of drink ingestion, followed by 60-minutes of supine rest. Data were collected via a metabolic cart and ventilated hood. Resting data were subtracted from all post-ingestion measures. Within groups the rate of O₂ uptake (l min⁻¹) increased significantly for protein (+29%, p = 0.03) but not for orange juice (+21%, p = 0.11); when expressed as ml · kg⁻¹ min⁻¹, both groups had significant increases (p < 0.005). Between groups O₂ uptake measurements over the 1-hour period revealed a 21% difference between orange juice (2.66 ± 0.6 liters) and protein (3.36 ± 0.9 liters) that did not reach statistical significance (p = 0.10). Energy expenditure (kJ) determined via the respiratory exchange ratio (RER) revealed orange juice at (60.8 ± 10.1 kJ) and protein (63.7 ± 20.0 kJ) were 5% different, also non-significant (p = 0.72). The RER averaged over the 60-min TEF period was significantly different between orange juice (0.868 ± 0.07) and protein (0.773 ± 0.04) (p = 0.005). Sample size calculations indicate that 14 subjects would reveal statistical significance for O₂ uptake yet 163 subjects would be required for energy expenditure differences between drinks. We suggest the potential for bias in selecting a measure of TEF from data within- and between-groups and, O₂ uptake vs. energy expenditure.

Acknowledgement

This project was funded VPX/Redline.

Published: 15 September 2010

doi:10.1186/1550-2783-7-S1-P7

Cite this article as: Fernandes and Scott: Thermic effect of feeding: orange juice vs. a protein drink (240 kcal). *Journal of the International Society of Sports Nutrition* 2010 **7**(Suppl 1):P7.

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