

PREVIEW_ Peter Defty - Is Fat The Best Fuel for Athletes_ (VAIL 2016) 1

Peter Defty: You know, man didn't get up in the morning, have a bowl of oatmeal, grab a couple of gels and go out hunting, did he?

Dr. Eenfeldt: What did he do?

Peter Defty: He had to go up and go get it, right? Whether he's in the Scandinavian countries chasing reindeer or in the Great Plains in the United States chasing buffalo, or the savannas of Africa. So--

Dr. Eenfeldt: No breakfast.

Peter Defty: No breakfast, it was all fat fueled. And it's showing that we carry a lot of fat, because fat is meant to be our aerobic energy source. And glycogen, glucose, the carbs, the things they stress the most, are a fight or flight fuel source.

And we've gotten it so wrong and shifted our bodies so far away from being able to metabolize fat at the rates that actually our genetic and evolutionary potential allows us to.