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Title: In search of the perfect diet/treatment for managing body fat – one diet does not fit all.

Abstract: This talk will outline studies in obesity/diabetes and HIV which have aimed to investigate the relationship between body fat and body weight and how the composition of the body is altered by dietary or pharmacological manipulation.

Focus will be put on 3 areas

1. A meta-analysis outlining the within population heterogeneity in metabolic rate in patients with HIV/AIDS and the dietary and treatment implications of this variation.
2. The effect of various dietary manipulations of the fat and protein proportion and type in the diet in obesity and diabetes and the effects on dietary weight fat metabolism
3. The impact of substantial dropout rates in clinical intervention studies which aim to investigate dietary manipulations and how these are managed statistically.