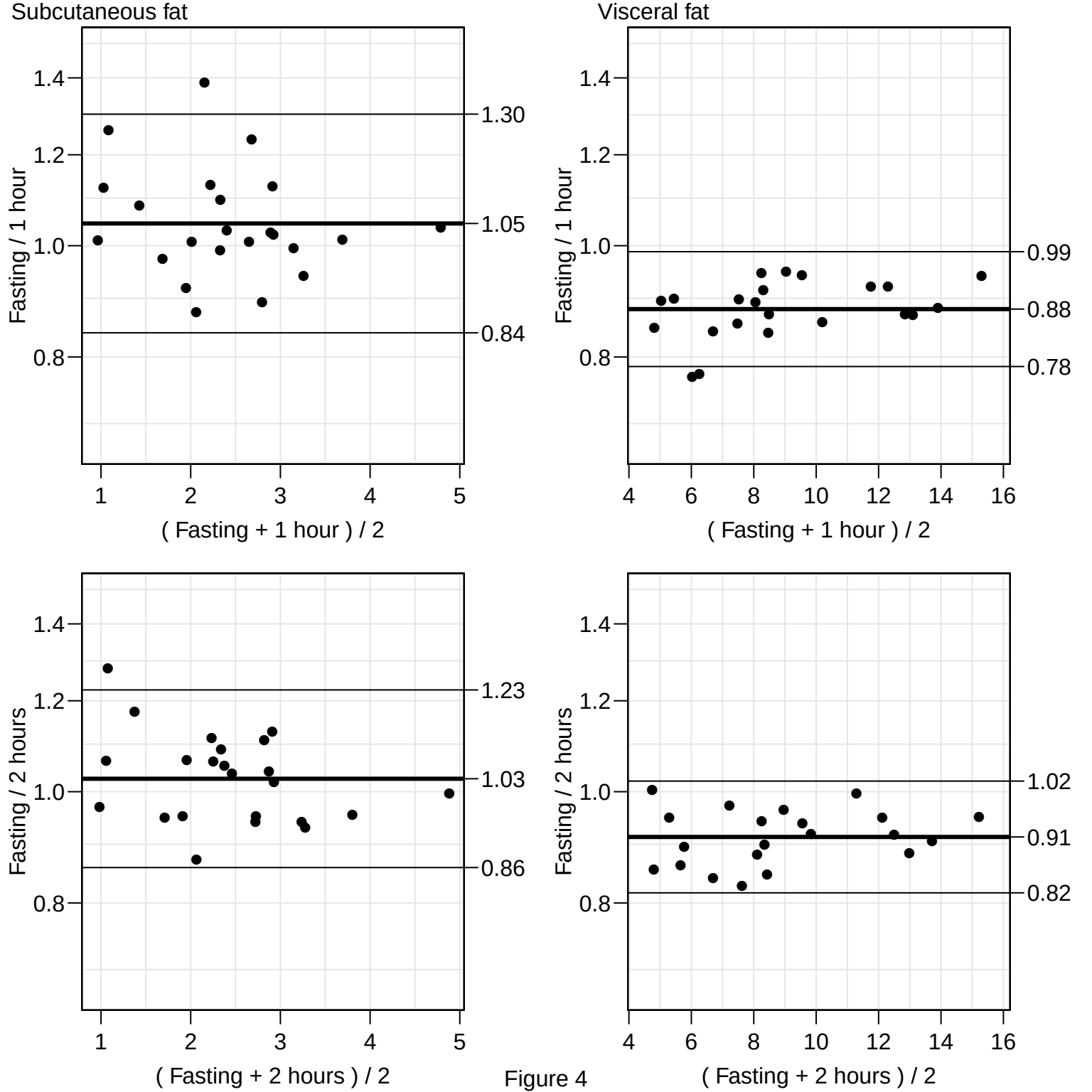
Subcutaneous fat
Visceral fat
Fasting / 1 hour
( Fasting + 1 hour ) / 2
1.30
1.05
0.84
0.99
0.88
0.78
Fasting / 2 hours
( Fasting + 2 hours ) / 2
1.23
1.03
0.86
1.02
0.91
0.82

Figure 4