The Effect of a 3-week Delayed Prebiotic Fibre Intervention on Fat Infiltration in Rat Vastus Lateralis Muscle in a Diet-Induced Obesity Model
Elaine Nguyen, Hannah Smith, Ruth Seerattan, Nada Abu Ghazaleh, Walter Herzog

Background

- Previous studies have introduced prebiotic fibre diet interventions coinciding with the start of the HFS diet. [1]
- Effects of a delayed dietary fibre interventions on the VL muscle of rats exposed to an HFS diet have yet to be explored.

Purpose

- To determine whether a 3-week delayed prebiotic fibre intervention alleviates or modifies fat accumulation in the VL muscle of Sprague-Dawley rats exposed to an HFS diet.

Methods

- 36 male Sprague Dawley rats at 12 weeks old, randomized into 3 experimental groups:
  - Chow n = 12
  - HFS n = 12
  - HFS + F n = 11
- Rats were sacrificed and the VL muscles harvested at 24 weeks old.
- VL muscles were analysed for fat content and were imaged/quantified using Image J. Statistical analysis using Welch’s ANOVA and Games-Howell post hoc test.

Results

- Chow
- HFS
- HFS + F

Discussion

- Confirms our hypothesis, control and fibre group had significantly less fat infiltration than the HFS group.
- Findings provide information about the timeline for implementation of a diet intervention to alleviate muscle degeneration.

Conclusions

- A 3-week delayed prebiotic fibre intervention is within the critical timeline where the fibre supplement can have a protective effect on the VL muscle in Sprague Dawley rats.

References