

Table 1. The main effects of ghrelin that can influence energy metabolism

Food intake ^{1,35}	↑ appetite/↑ food intake ↑ hedonic aspect of eating ↑ motivation to obtain food ↑ food seeking behaviours
Gastrointestinal function ⁴⁷⁻⁵⁰	↑ gastric motility ↑ gastric acid secretion and digestive enzymes
Adipose tissue ^{26,39,53,58}	↑ lipogenesis ↑ adipogenesis (↑ differentiation and proliferation of preadipocytes) ↓ lipid oxidation
Intermediary metabolisms ^{57,62,79,82,90,92,93}	↓ insulin secretion ↑ hepatic gluconeogenesis ↓ insulin sensitivity ↑ glucagon secretion ↑ hepatic lipogenesis GLP-1 secretagogue
Energy expenditure ^{52,57,94,95}	↓ energy expenditure ↓ thermogenesis in BAT ↓ sympathetic nervous system in BAT
