

عنوان مقاله:

The Relationship between Nutritional Knowledge and Food Habits and Some Cardiometabolic Risk Factors in Patients with Diabetes in Shiraz, Iran

محل انتشار:

نشریه بین المللی علوم تغذیه، دوره 4، شماره 1 (سال: 1398)

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خلاصه مقاله:

Background: Diabetes is an increasing health problem. Diet and nutritional knowledge are the most important factors in diabetes. This study was done to investigate the association between nutritional knowledge and food habits in relation to cardiometabolic risk factors in the patients with diabetes. Methods: This cross-sectional study was conducted on 260 subjects with diabetes in Motahhari Diabetes Clinic in Shiraz, southern Iran. Dietary intakes were evaluated using a 147-item food frequency questionnaire (FFQ). Also socio-economic, demographic and nutritional knowledge questionnaires were completed. Weight, height and waist circumference were measured. Fasting blood glucose (FBG), low density lipoprotein cholesterol (LDL), high density lipoprotein cholesterol (HDL) and triglyceride TG were extracted from patients' medical records. Results: Of 73 male and 187 female patients, 39.2% were overweight and 33.5% were obese. There was a significant correlation between nutritional knowledge and vegetables intake. Also, getting more dairies and fats were significantly correlated to the levels of FBS. A positive significant correlation was seen between serum HDL and beans and cereals intake. Conclusion: Nutritional awareness cannot lead to a healthy diet alone because socioeconomic status, motivation, and other factors also affect dietary intake. Dietary habits can affect blood lipids and FBG. Therefore, improving the diet of diabetic patients is essential.

کلمات کلیدی:

Nutritional knowledge, Food habits, Risk factor, Diabetes, Iran

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