

عنوان مقاله:

Evaluation of the Effect of Vitamin D Supplementation on Anthropometric Indicators and Dietary Intake of Patients with Type 2 Diabetes

محل انتشار:

مجله گزارش های بیوشیمی و زیست شناسی مولکولی، دوره 9، شماره 4 (سال: 1399)

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خلاصه مقاله:

Background: Various studies have shown that diabetes and its complications are associated with vitamin D deficiency. Due to the possible role of vitamin D in reducing the complications of diabetes and the high prevalence of its deficiency in Iran, this study was designed to investigate the effect of vitamin D supplementation on anthropometric indices and dietary intake of patients with type 2 diabetes. Methods: This randomized clinical trial (RCT) study was performed on 74 patients with type 2 diabetes (T2DM). Patients randomly divided into two groups to receive vitamin D (VD) supplementation (100 µg or 4000 IU/day) or placebo for three months, randomization was based on the permuted-block method. Anthropometric indices including body weight (BW), body mass index (BMI) and waist circumference (WC) and physical activity, dietary intake were assessed by validated methods at the beginning and end of the trial. Results: VD supplementation had not any significant differences in anthropometric indices, dietary intake and physical activity between the two groups. Conclusions: Finally, it can be concluded, receiving 100 micrograms/day of VD for three months had no favourable effects on patients with T2DM

کلمات کلیدی:

.Anthropometric indices, Diabetes Mellitus, Dietary intake, Vitamin D

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