

عنوان مقاله:

The Effect of Nutritional Education on Inflammatory Markers and the Index of Diet Quality in Obese Women

محل انتشار:

مجله علمی پژوهشی دانشگاه علوم پزشکی زنجان، دوره 23، شماره 99 (سال: 1394)

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خلاصه مقاله:

Background and Objective: Obesity is a low grade inflammatory condition. It seems that there is an association between diet quality and inflammatory markers. Healthy Eating Index (HEI) is one of the important tools to assess diet quality. In this study, we assessed the effect of improving HEI score through nutritional education on serum levels of inflammatory markers in obese women. **Materials and Methods:** This study was a randomized clinical trial on sixty obese women who were assigned to educated and non-educated groups. Three months of nutritional education, one session in a week, was conducted for education group. The HEI scores of diet for seven days were recorded. Then, the concentrations of inflammatory markers (hs-CRP, TNF- α) and the anthropometric indexes were assessed at the baseline and at the end of the study in both groups. **Results:** After adjustment for energy intake, weight and age, the HEI score of educated group improved significantly. Prior to receiving education, the HEI mean score was in need of improvement (60.58 ± 6.31) in the educated group. Throughout education it improved to a good level (83.34 ± 5.12). After adjustment for energy intake, weight and age, the plasma levels of hs-CRP, TNF- α significantly decreased (all p values were < 0.05). **Conclusion:** It seems that the quality of diet could be an independent factor in preventing chronic diseases through improving inflammatory condition. **References** 1- Zou C, Shao J. Role of adipocytokines in obesity-associated insulin resistance. *J Nutr Biochem.* 2008 19: 277-86. 2- Bastard JP, Maachi M, Lagathu C, et al. Recent advances in the relationship between obesity, inflammation, and insulin resistance. *Eur Cytokine Netw.* 2006 17: 4-12. 3- Azadbakht L, Mirmiran P, Hosseini F, Azizi F. Diet quality status of most Tehranian adults needs improvement. *Asia Pac J Clin Nutr.* 2005 14: 163-8. 4- Fung TT, McCullough ML, Newby PK. Diet-quality scores and plasma concentrations of markers of inflammation and endothelial dysfunction. *Am J Clin Nutr.* 2005 82:163-73. 5- Lee H, Lee IS, Choue R. Obesity, inflammation and diet. *Pediatr Gastroenterol Hepatol Nutr.* 2013 16: 143-52. 6- Taechangam S, Pinitchun U, Pachotikarn C. Development of nutrition education tool: healthy eating index in Thailand. *Asia Pac J Clin Nutr.* 2008 17:

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