

عنوان مقاله:

Dietary Patterns and the Intake of Trace Elements in People with Hypertension: A Cross-Sectional Study

محل انتشار:

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خلاصه مقاله:

Background & Objective: Dietary patterns and the consumption of some macronutrients could influence hypertension as a public health problem. This study was conducted to identify dietary patterns and compare the intake of some micronutrients, as well as food groups, according to the Dietary Approach to Stop Hypertension (DASH) guidelines.

Materials & Methods: This cross-sectional study assessed the dietary patterns of ۱۰۱ people with mild to moderate hypertension who were randomly selected among outpatients attending hospital clinics and health centres at Zanjan. Food intake data were collected using the food frequency questionnaire (FFQ) and three-day food diaries. Factor analyses and binary logistic regression were used to identify dietary styles and the associations between types of dietary patterns and hypertension, adjusted for covariates. **Results:** Two main dietary patterns were identified, including the DASH-style dietary pattern and the modern dietary pattern which contains high intakes of fast foods, junk foods, animal fat, organ meat, chicken, tea, and coffee. A greater odds ratio for hypertension (odds ratio: ۳.۹۵; ۹۵% CI: ۰.۹۱-۱۷.۲) was found at the first quartile of the modern pattern compared to the last one, adjusted for confounding variables. Also, patients at the last quartile of the DASH-style pattern received significantly more sodium ($P=۰.۰۲$). Hypertensive patients consumed more sodium and less potassium, calcium, and magnesium than given in the DASH recommendations for both identified dietary patterns. **Conclusion:** Two main dietary patterns were found in hypertensive patients. Considering both dietary patterns and micronutrient intake in prevention programs for hypertensive patients is suggested. Future research is recommended

کلمات کلیدی:

Dietary Approach to Stop Hypertension (DASH), Hypertension, Magnesium, Potassium, Sodium

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