

عنوان مقاله:

Sugar Uptake Styles and Their Alliance with Health Facets Among the Indian Population: A Systematic Review

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خلاصه مقاله:

Introduction: Sugar is considered as a double edged sword, associated with many metabolic effects. Studies depicting the relationship between sugars and their harmful effects on health in the context of the Indian population are fewer. The aim of this study was to systematically review data on sugars and their metabolic disturbances, and to produce evidence in the context of the Indian population. Methods: The research question was developed based on PICO strategy. The search was limited to PubMed and EBSCO data bases over the period from ۲۰۰۵-۲۰۱۸, using advanced (Boolean) searching for attaining relevant articles. Articles with only substantial evidence were included, showing a relationship between sugars and their metabolic perturbations which were evaluated with their respective checklists. Results: Pertaining to the inclusion criteria, ۳۲ articles were retrieved, three were systematic reviews, ۱۶ cross-sectional studies and ۱۳ experimental trails. Regained articles were related to sugars and dental caries, sugars and obesity and serum lipids levels and also sugars and Type-۲ Diabetes (T2D) mellitus. The cross-sectional studies, randomized, non-randomized trials and systematic reviews fulfilled ۷۲.۷%, ۴۵.۶۸%, ۶۰.۹۰% and ۷۱% of corresponding checklist items respectively. Conclusion: This review suggests that carbohydrates are the main constituting diet and consumption assumes metabolic disturbances like hyperglycaemia, risk of T2D, insulin resistance syndrome, dyslipidaemia, increased triglyceride levels and as a leading risk factor for occurrence of .caries

کلمات کلیدی:

Sugars, Dietary Pattern, Sugar Intake, Metabolic Disturbances

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