

عنوان مقاله:

POTATO CONSUMPTION AS HIGH GLYCEMIC INDEX FOOD, BLOOD PRESSURE, AND BODY MASS INDEX
AMONG IRANIAN ADOLESCENT GIRLS

محل انتشار:

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خلاصه مقاله:

BACKGROUND: Potato as a high glycemic index food has different effects on healthy nutritional status. In the current study, we investigated the association between potato consumption and obesity and blood pressure among adolescent girls. **METHODS:** This cross-sectional survey was conducted on ۲۰۵ girls (۱۱-۱۳ years old) in ۲۰۱۳ who were selected by systematic cluster random sampling from schools of all regions of Isfahan, Iran. Dietary intakes were collected by ۵۳-items food frequency questionnaire. Anthropometric measurements were done based on a standard protocol. **RESULTS:** Adolescents that consumed all kinds of potato more than once per week had significantly higher prevalence of overweight and obesity (prevalence of overweight and obesity was ۸۶.۷ and ۱۳.۳%; $P < ۰.۰۰۱۰$ in more than once per week and less than once per week groups, respectively) as well as prevalence of abdominal obesity in more than once per week consumption group was higher than less than once per week consumption group (۷۸.۲ vs. ۲۱.۸%; $P < ۰.۰۰۱$). Potato consumption (as independent variables) increased body mass index and waist circumference (as dependent variables) in crude and adjusted regression models ($P < ۰.۰۵۰$). Mean blood pressure was not significantly different among lower and higher potato consumers. **CONCLUSION:** Our findings suggested a positive association between potato consumption and obesity. We did not find any association between potato consumption and blood pressure in adolescents.

کلمات کلیدی:

Potato, Obesity, Blood Pressure, Adolescence

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