

## عنوان مقاله:

Dietary intakes and leptin concentrations

## محل انتشار:

مجله آریا آترواسکلروز، دوره 10، شماره 5 (سال: 1393)

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## خلاصه مقاله:

**BACKGROUND:** Leptin, a peptide contained 146 amino-acids, is mostly secreted from adipose tissue and it has a critical role on regulation of body weight, body fat mass, appetite, and food intakes. We tried to review the previous evidence regarding the effects of dietary intakes, including consumption of carbohydrates, fats and protein on concentrations of leptin concentration. **METHODS:** We searched in PubMed search engine to January 2013 by using the following key words: dietary intake, diet, dietary fat, high-fat diet, dietary carbohydrate, high carbohydrate diet, dietary protein, high protein diet in combination with leptin, adipokine. Then, we recruited 35 articles to review in the present study. **RESULTS:** It seems that beside the amount of fats, type of fatty acids have the key roles on circulating leptin concentration. Energy intake also significantly associated with the hormone. Studies regarding the association between carbohydrate intake and concentration of leptin have been reached to contradictory results. It seems that protein intake can increase the leptin activity. **CONCLUSION:** Findings from several studies suggest that a diet display an important role on change the concentration of leptin. **Keywords:** Diet, Carbohydrate, Protein, Fat, Leptin

## کلمات کلیدی:

لینک ثابت مقاله در پایگاه سیویلیکا:

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