

عنوان مقاله:

Association of Dietary Macronutrients and Micronutrients with COVID-19

محل انتشار:

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خلاصه مقاله:

Introduction: The Coronavirus Disease ۲۰۱۹ (COVID-۱۹) outbreak is still an ongoing problem affecting people's well-being globally. It is known that malnutrition is an important determinant of immune function, leading to an increased risk of infection and severity of diseases. The aim of this study was to characterize the relationship between macronutrients and micronutrients and this viral infection. **Methods:** This study was a historical cohort including ۶۵۳۹ subjects (۵۷.۲% females, ۴۲.۸% males) from the Mashhad stroke and heart atherosclerotic disorder (MASHAD) cohort study. Dietary intakes were assessed using a ۶۵-item validated food frequency questionnaire (FFQ). Data on COVID-۱۹ diagnosis was collected from online health records of patients available in the Sina health information system from the onset of the disease to the end of July ۲۰۲۰. COVID-۱۹ diagnosis has been confirmed using a lung spiral CT scan or PCR laboratory test. SPSS software (Version ۲۰) was used for the analysis of data. **Results:** A total of ۱۵۴ subjects including ۸۵ men (۵۵.۲%) and women (۴۴.۸%) were infected with COVID-۱۹. Body mass index ($p=۰.۰۳$) and waist circumference ($p=۰.۰۱$) of the patients along with the protein ($p=۰.۰۲$), total N۲ ($p=۰.۰۲$), calcium ($p=۰.۰۲$) and thiamin ($p=۰.۰۴$) content of their diet was significantly associated with COVID-۱۹. After multivariate analysis, dietary calcium remained the only dietary factor that predicted COVID-۱۹ infection (OR=۰.۹۴, ۹۵%CI [۰.۸۷-۰.۹۹], p value=۰.۰۴). **Conclusion:** Our findings indicated that prevalence of COVID-۱۹ may be affected by dietary macronutrients and micronutrients. According to our data, increased calcium intake can reduce the prevalence of COVID-۱۹.

کلمات کلیدی:

COVID-۱۹, Dietary intake, dietary calcium, Malnutrition

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