

عنوان مقاله:

The Correlation between Intake of Vitamin C and β -Carotene and Fasting Blood Sugar: A Cross-Sectional Analysis in Diabetic Patients of Fasa Cohort Study

محل انتشار:

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خلاصه مقاله:

Background: Diet and nutrition are strongly implicated in the etiology of type 2 diabetes. This study has investigated whether low vitamin C and β -carotene intakes were associated with glycemic control in diabetic patients. **Methods:** In a cross-sectional analysis of diabetic adult patients participating in Fasa Cohort Study, a 24-h dietary recall was used to assess intake of fruits, vegetables, vitamin C and β -carotene. The associations between vitamin C and β -carotene intakes and glycemic control were determined in 3 groups of normal glucose tolerance, pre-diabetes mellitus, and type 2 diabetes mellitus (T2DM) and the relationship between fasting blood glucose (FBS) and vitamin C and β -carotene intakes was investigated. **Results:** There were no differences between groups for intake of total vitamin C and β -carotene ($p > 0.05$). An inverse relation was recognized between intake of total vitamin C and β -carotene and FBS ($p < 0.05$). **Conclusion:** A negative association was observed between FBS and intake of vitamin C and β -carotene; however more experimental studies are needed to establish whether increase in intake of vitamin C and β -carotene can improve FBS level and prevent T2DM.

کلمات کلیدی:

Vitamin C, β -carotene, Fasting blood glucose, Type 2 diabetes mellitus, Fasa Cohort Study

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