

عنوان مقاله:

Correlation between Diet Quality and Metabolic Syndrome

محل انتشار:

فصلنامه تغذیه و امنیت غذایی، دوره 2، شماره 3 (سال: 1396)

تعداد صفحات اصل مقاله: 8

نویسندگان:

Somaye Yosaei - MSc, Department of Nutritional Science, School of Public Health, Iran University of Medical Sciences, Tehran, Iran- Ewaz School of Health, Larestan University of Medical Sciences, Larestan, Iran

Mohammadreza Erfani - MSc, Ewaz School of Health, Larestan University of Medical Sciences, Larestan, Iran

Mohammad-Refi Bazrafshan - PhD, Department of Nursing, School of Nursing, Larestan university of Medical Sciences, Larestan, Iran

Narges Entezami - MSc, Department of Epidemiology, School of Public Health, Shahid-beheshti University of Medical Sciences, Tehran, Iran

خلاصه مقاله:

Background: The metabolic syndrome (MetS) is increasing with an alarming rate world wide. Since diet components studies that focus on MetS have produced largely inconsistent results, assessing the whole diet than single nutrients on health can be more practical. The purpose of this study was to determine the association between diet quality and MetS components. Methods: This cross-sectional study included a total of 152 participants aged 20-55 years recruited from the endocrinology center of Tehran University of medical sciences. Dietary intake assessed by food frequency questionnaire (FFQ) was used to calculate healthy eating index 2010 (HEI-2010). Body mass index (BMI), weight, height, waist circumference, high density lipoprotein-cholesterol (HDL-c), triglycerides (TG), fasting blood glucose (FBG), and blood pressure were measured. Results: In this study HEI mean score was 55.26. Based on HEI-2010 values, diet quality was good in 0.7% of participants, needed improvement in 55.9%, and was poor in 43.4% of cases. Diet quality (HEI) was significantly and linearly related with systolic and diastolic blood pressure, TG, and BMI ($P < 0.05$). Conclusions: According to this study, low diet quality can be related to MetS components

کلمات کلیدی:

Metabolic syndrome; Diet quality, Obesity; FBG; Lipid profile

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/764257>

