

## عنوان مقاله:

Ramadan Major Nutrient Patterns are Associated with Anthropometric Measurements and Physical Activity in Tehran, Iran

## محل انتشار:

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## خلاصه مقاله:

Muslims fast from dawn to sunset during Ramadan (9th month of lunar calendar), which means 11-18 hours refraining from eating and drinking, according to the season Ramadan occurs in. Studies reported Ramadan fasting may lead to changes in body weight, biochemical and hormonal factors, and blood cell indices (1). Most of the physiological changes in Ramadan fasting could be due to variation in diet and meals frequency (2-4). Time and type of food consumption varies to some extent due to Ramadan fasting. Number of meals, mostly reduced to two meals a day and people mostly prefer to eat food at home and with family members (5,6). Therefore, the quantity and quality of diet may also change in this month.

## کلمات کلیدی:

لینک ثابت مقاله در پایگاه سیویلیکا:

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