

عنوان مقاله:

Recent Advances in Possible Effects of Bread Types and Enrichments on Appetite during Ramadan Fasting

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خلاصه مقاله:

Introduction: Bread is the staple food of most Muslims and can be considered to be a component with a remarkable effect on satiety and appetite during Ramadan fasting. This study aimed to present the recent advances in investigating the effect of different type of bread and enrichments on satiety and appetite. Methods: In this paper, articles focusing on the of various bread types (including enriched bread) on satiety and appetite, particularly during fasting were reviewed. Articles were found in databases such as ISI, PubMed and Google Scholar. Results: Different bread types with lower glycemic index are recommended for Ramadan fasting, especially for the Sahur meal, due to better satiety and sglycemic control. In addition, fermentable dietary fibers, such as arabinoxylans, β -glucan, fructans, and resitant starch, can influence appetite through fermentation in the colon by saccharolytic bacteria and gastrointestinal tract releasing hormones chages. Consumption of wholemeal bread results in the moderation of satiety and starvation. Barely, oat and rye breads demonstrate the better improvement of satiety compared to white wheat bread due to their higher fiber content, probiotic ingredients and steadier glycemia. On the other hand, use of protein-rich breads can result in delayed gastric emptying, steadier insulin levels and higher satiety. Beta-glucan enrichment shows similar significant results in terms of reducing hunger and increasing satity by influencing the appetite and satity and regulating hormones such as insulin, ghrelin and PYY. Fiber enrichment and probiotics (Fructo-Oligosaccharides/Inulin) could also be considered in this regard. Conclusion: During Ramadan fasting, barley bread, oat bread and wholegrain wheat bread could be suggested as the preferred bread types to be incorporated into .the main meals to improve satiety and decrease hunger feeling

کلمات کلیدی:

Appetite, Bread, Enrichment, Fasting, Satiety

