

## عنوان مقاله:

INTERMITTENT FASTING DURING RAMADAN AND ITS EFFECTS IN INDIVIDUALS WITH METABOLIC SYNDROME

## محل انتشار:

سومین کنگره بین المللی و پانزدهمین کنگره تغذیه ایران (سال: 1397)

تعداد صفحات اصل مقاله: 1

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## خلاصه مقاله:

**Background and Aim:** This study aimed to evaluate the effect of Ramadan intermittent fasting on body composition among the individuals with metabolic syndrome. **Methods:** This cohort study was conducted on 95 adults with metabolic syndrome, before and after Ramadan as an intermittent fasting in Mashhad, Iran. The participants were classified into fasting and non-fasting groups based on fasting for a minimum of 10 days during Ramadan in 2017. Body Composition analysis was done, physical activity and dietary intake were assessed at the baseline and after Ramadan. **Results:** Out of the 95 subjects (with the mean age of  $45.4 \pm 9$  years), 65 cases were male. The fasting group showed a significant reduction in the body weight (-1.5 kg) and body mass index, body fat mass (-1.2 kg), fat free mass (-0.4 kg), skeletal muscle mass (-0.3 kg), and visceral fat area (-5.7 cm<sup>2</sup>). In addition, this group underwent a significant decrease in the total body water, intracellular water, 50 kHz-whole body phase angle ( $-0.13^\circ$ ), and total physical activity score. Fasting resulted in 1.5 kg weight loss, 76%, 18%, and, 6% of which were related to body fat mass loss, body water loss, and protein loss, respectively. Additionally, daily dietary intake significantly decreased during the fasting period in the fasting group. **Conclusion:** This study suggested that Time-restricted feeding, combined with calorie restriction could be an effective dietary intervention in metabolic syndrome patients for the reduction of body weight and fat mass, visceral fat as well as the retention of lean mass

## کلمات کلیدی:

intermittent fasting, Body composition, Visceral fat, Phase angle, Metabolic syndrome

## لینک ثابت مقاله در پایگاه سیویلیکا:

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