

عنوان مقاله:

THE ASSOCIATION OF DIETARY ACID LOAD AND HEALTH OUTCOMES: FOCUSING ON EPIDEMIOLOGICAL STUDIES IN IRAN

محل انتشار:

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

تعداد صفحات اصل مقاله: 2

نویسندگان:

Leila Azadbakht - *Department of Community Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran*

Hadis Mozaffari - *Department of Community Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran*

خلاصه مقاله:

Background and Aim: Acid-base status which can be affected by dietary acid load (DAL) has been associated with chronic disease including cardiovascular disease (CVD), metabolic syndrome (MetS), diabetes, gestational diabetes mellitus, obesity and even psychological disorders. However, published studies revealed conflicting findings regarding the association of DAL and chronic diseases. Therefore, the current study was conducted to determine the health outcomes of DAL. Methods: PubMed, ISI Web of Science, Scopus and Google Scholar were used to conduct a comprehensive search for articles published on this topic until August 2018. All the observational studies which assessed the association between risk factors of chronic disease including CVD, MetS, diabetes, obesity and psychological disorders in relation to DAL were included. We have also focused on our epidemiologic studies in Iran. Thirty five studies were included in the current review. Totally 9 studies showed a significant or marginally significant positive association between DAL and BMI. Also, 13 of included studies had no significant association between DAL and BMI. In addition, 1 study had no significant relationship between weight and DAL. Two studies showed a significant positive relationship between WC and DAL (Pvalue: 0.01; Pvalue: 0.0001); however, others did not find a significant association. With regard to BP, six studies indicated a positive significant relationship between SBP and DAL, whereas 5 studies had no significant association between SBP and DAL. In addition, 3 studies showed a positive significant association between DBP and DAL, whilst 5 studies had no significant relationship. Five studies found no significant relationship between FBS and DAL, as well insulin, HOMA-IR and HbA1c with DAL. However, one study found a significant positive relationship between FBS (Pvalue: <0.001), HbA1c (Pvalue: 0.006) and DAL. Akter et al. found a significant positive relationship between insulin, HOMA-IR and DAL. With regard to lipid profiles, 3 studies found no significant relationship between TG and DAL; however, other studies indicated a significant positive association. Three studies indicated no significant association between TC and DAL, but Murakami et al. and Berg et al. indicated a significant association. Several studies had no significant relationship between LDL and DAL, however, 2 studies indicated a significant association. Murakami et al., Berg et al. and Han et al. did not show a significant ... relationship between HDL and DAL, but one study showed a marginally significant positive

کلمات کلیدی:

dietary acid load, cardio-metabolic risk factors, psychological disorder, diabetes, obesity, Observational studies

