

## عنوان مقاله:

THE EFFECTS OF HOT AIR-DRIED WHITE BUTTON MUSHROOM POWDER ON GLYCEMIC INDICES, LIPID PROFILE, INFLAMMATORY FACTORS AND TOTAL ANTIOXIDANT CAPACITY IN TYPE 2 DIABETES: A DOUBLE-BLIND PLACEBO-CONTROLLED CLINICAL TRIAL

## محل انتشار:

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

تعداد صفحات اصل مقاله: 2

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## خلاصه مقاله:

**Background and Aim:** To our knowledge, there has been no clinical trial for investigating the health benefits of Hot Air-dried White Button Mushroom (HAD-WBM) in type 2 diabetes. This study was carried out to determine the effects of HAD-WBM powder on glycemic indices, lipid profile, high sensitive C-reactive protein (hs-CRP), Interleukin-6 (IL-6), and total antioxidant capacity (TAC) in a double-blind, placebo-controlled clinical trial in type 2 diabetic patients. **Methods:** This study was conducted on 44 men and women aged 23-50 years with type 2 diabetes mellitus. Patients were randomly assigned to intervention and control groups. The intervention and control groups received 16 g/day HAD-WBM or cornstarch powder for 8 weeks. **Results:** After 8 weeks of intervention, a significant decrease was observed in serum concentration of fructosamine ( $-0.228 \pm 0.36$  vs.  $0.03 \pm 0.38$  mmol/l;  $p = 0.022$ ) and LDL-C ( $-13.05 \pm 20.67$  vs.  $0.81 \pm 21.79$  mg/dl;  $p = 0.04$ ) in the intervention group compared with control group, while the reduction in total cholesterol concentration was a trend ( $-14.40 \pm 28.93$  vs.  $2.23 \pm 25.73$  mg/dl;  $p = 0.05$ ). Fasting blood sugar (FBS), and homeostasis model assessment of insulin resistance (HOMA-IR) levels had no significant differences between two groups but was significantly lower in the intervention group compared to baseline ( $p = 0.006$ ,  $p = 0.016$ , respectively). There was no significant difference in TAC, hs-CRP, and IL-6 between the two groups post-intervention. **Conclusion:** The results of this study suggest that HAD-WBM can help to improve glycemic indices and lipid profile in type 2 diabetic patients.

## کلمات کلیدی:

white button mushroom, hot air-dried, type 2 diabetes, insulin

## لینک ثابت مقاله در پایگاه سیویلیکا:

