

## عنوان مقاله:

GLYCEMIC INDEX AND METABOLIC SYNDROME AMONG IRANIAN ADULT POPULATION: ISFAHAN HEALTHY HEART PROGRAM

## محل انتشار:

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

تعداد صفحات اصل مقاله: 1

## نویسندگان:

Noushin Mohammadifard - *Isfahan Cardiovascular Research Center, Cardiovascular Research Institute, Isfahan University of Medical Sciences, Isfahan, Iran*

Marjan Mansourian - *Epidemiology and Biostatistics Department, Health School, Isfahan University of Medical Sciences, Isfahan, Iran*

Firouzeh Sajjadi - *Interventional Cardiology Research Center, Cardiovascular Research Institute, Isfahan University of Medical Sciences, Isfahan, Iran*

Maryam Maghroun - *Hypertension Research Center, Cardiovascular Research Institute, Isfahan University of Medical Sciences, Isfahan, Iran*

## خلاصه مقاله:

**Background and Aim:** There is controversy in clinical effects of dietary glycaemic index (GI) and glycaemic load (GL) on cardiovascular diseases risk factors such as metabolic syndrome. So, this study was performed to evaluate the relationship of GI and GL with Metabolic syndrome in Iranian adult population in 2007. **Methods:** The study was based on the data from sub-sample of [removed for blind peer review], across three cities in central part of Iran, in the year 2007. A cross-sectional survey of 1518 randomly selected adults aged  $\geq 19$  years. Nutritional assessment was done by a single 24 hour recall questionnaire. Fasting serum lipids, anthropometric indicators and blood pressure were measured by standard methods. Analysis of covariance was used to compare metabolic syndrome components according to energy adjusted GI and GL levels. Showing the effect of potential confounders, hierarchical logistic regression models were utilized to determine adjusted odds ratios (OR) 95% CI. **Results:** ORs (%95CI) had the highest level adjusted by age, gender, body mass index and energy intake [1.46 (1.01-2.12)] and it was attenuated marginally by excluding the confounding effects of dietary fibre intake [1.29 (1.01-1.74)]. All hierarchical models illustrated no significant association between energy adjusted GL and the risk of metabolic syndrome adjusted by confounders. **Conclusion:** There is a positive relationship between dietary GI, but not GL with presence of metabolic syndrome after adjustment for potential confounders. However, studies with long duration of follow-up and experimental studies are required to provide a better level of evidence.

## کلمات کلیدی:

Glycemic index; glycemic load; metabolic syndrome; adults

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/816404>

