

## عنوان مقاله:

EFFECTS OF VITAMIN D-FORTIFIED YOGURT IN COMPARISON TO ORAL VITAMIN D SUPPLEMENT ON  
HYPERLIPIDEMIA IN PRE-DIABETIC PATIENTS: A RANDOMIZED CLINICAL TRIAL

## محل انتشار:

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

تعداد صفحات اصل مقاله: 13

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## خلاصه مقاله:

**Background and Aim:** The purpose of this study was to determine the effect of vitamin D-fortified yogurt consumption and its comparison with oral vitamin D supplementation in serum lipid profile in pre-diabetic patients with hyperlipidemia. **Methods:** This study was performed on 60 pre-diabetes patients who were randomly divided into two groups: group A (recipient of fortified yogurt with 1000 IU vitamin D) and group B (recipient of oral vitamin D supplement in a dose of 1000 IU) for three months. The study variables were evaluated at baseline and end of intervention. **Results:** The within-group analysis of lipid indices showed a significant reduction in the mean serum triglyceride levels in the fortified yogurt group ( $P = 0.001$ ) and oral supplement group ( $P < 0.001$ ). Also, showed a significant reduction in mean serum total cholesterol, LDL-C ( $P < 0.001$ ) and HDL-C ( $P = 0.01$ ) in both groups. The between-group comparison analysis of mean lipid indices changes showed that serum level of Triglyceride in oral supplement group were significantly more than fortified yogurt group ( $P = 0.03$ ). However, no significant difference was observed in the mean changes in serum TC ( $P = 0.63$ ), LDL-C ( $P = 0.93$ ) and HDL-C ( $P = 0.21$ ) levels between the oral supplement group and the fortified yogurt group. **Conclusion:** Fortified yogurt is a better alternative strategy of supplement to reduce the prevalence of vitamin D deficiency and consequently to improve the serum lipid profile in hyperlipidemic individuals.

## کلمات کلیدی:

Vitamin D fortified yogurt, Vitamin D deficiency, Hyperlipidemia, Vitamin D supplement, Pre-diabetes, Iran

## لینک ثابت مقاله در پایگاه سیویلیکا:

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