

عنوان مقاله:

Effect of Ramadan fasting on Macronutrients & Micronutrients intake: an essential lesson for healthcare professionals

محل انتشار:

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خلاصه مقاله:

Introduction: The study was aimed to assess the intakes of nutrients of individuals in month of Ramadan. **Materials and Methods:** In total, 119 participants visited twice: once before Ramadan and then the 3rd week of Ramadan. A food frequency questionnaire (FFQ) and 3-day food intake recall used to determine the nutrient intake during Ramadan and other months. Weight, height and other demographic parameters were also gathered. **Results:** One sample T-test showed a significantly higher intake of Calorie, total fat, saturated fatty acids, cholesterol, vitamin A carotene, vitamin A total, vitamin B2, B12, C, niacin and phosphorous were significantly higher than RDA before Ramadan ($P<0.05$). However, Carbohydrate, fiber, polyunsaturated fat, folate, cooper, magnesium, potassium, selenium and sodium of subjects' diets were significantly lower than RDA before Ramdan. paired sample T-test illustrated that Calories, carbohydrate, fiber, total fat, monounsaturated fatty acids, saturated fatty acids, cholesterol, vitamin A carotene, total vitamin A, vitamin B1, C, E, folate, calcium, iron, magnesium, phosphorous, potassium, selenium and sodium intake all significantly decreased after 3 weeks of fasting. However, only Calories, protein, carbohydrate, fiber, total fat, saturated fat, monounsaturated fat, polyunsaturated fat, cholesterol, vitamin A carotene, vitamin B2, B6, C, E, folacin, calcium, copper, iron, magnesium, phosphorous, potassium, selenium and sodium intake in 3rd week of Ramadan were significantly lower than RDA and vitamin A and niacin were significantly higher than RDA during Ramadan. **Conclusion:** The present study demonstrates a significant decrease in some micronutrients during the month of Ramadan and indicates to imply nutritional recommendation in selecting foods.

کلمات کلیدی:

fasting, Macronutrients, Micronutrients, Fat, Protein, Carbohydrate

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