

عنوان مقاله:

Association of Major Nutrient Pattern and the adjusted resting metabolic rate per Fat Free Mass in Overweight and Obese Women

محل انتشار:

هشتمین همایش بین المللی طلای سبز (سال: 1398)

تعداد صفحات اصل مقاله: 3

نویسندگان:

Habib Yarizadeh - *Students Scientific Center, Tehran University of Medical Sciences, PO Box 1417755331, Tehran, Iran*

Sara Pooyan - *Department of Community Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences (TUMS), Tehran, Iran*

Elaheh Rashidbeygi - *Department of Community Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences (TUMS), Tehran, Iran*

Seyedeh Forough Sajjadi - *Department of Community Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences (TUMS), Tehran, Iran*

خلاصه مقاله:

Obesity plays an important role in the development of chronic disease. Resting metabolic rate (RMR) is one of the most effective factors in obesity. However, there is limited evidence available regarding the association of nutrient intake pattern and RMR. The aim of this study was to determine the association of nutrient pattern and RMR in overweight and obese women. This cross-sectional study was performed in 360 adult women that referred to health centers in Tehran. Dietary intakes were assessed using a 147 semi-quantitative standard food frequency questionnaire (FFQ) which previously validated in Tehran. Nutrient patterns also were assessed by principal components analysis (PCA). All participants were assessed for body composition, RMR, physical activity, and blood parameter. Three nutrient patterns were identified explaining 64% of the total variance. The first pattern is the B-complex and mineral group, the second pattern is the Antioxidant group, and the third pattern is unsaturated fatty acid (USFA) and Vit E group that percent of variance for each group are respectively 44.32, 10.89, and 8.95. Participants were categorized into two groups based on adherence to nutrient pattern. Adherence to high USFA and Vit E pattern were significantly associated with RMR ($\beta = 0.13$, 95% CI 0.79 to 68.16, $p=0.04$). However, no significant associations were found between other nutrient patterns and RMR. Our results indicate that following the USFA and Vit E pattern is associated with high RMR.

کلمات کلیدی:

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