

## عنوان مقاله:

Comparison of Diet Records between Patients with Non-alcoholic Fatty Liver Disease and Controls

## محل انتشار:

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## خلاصه مقاله:

**Introduction:** Non-alcoholic fatty liver disease (NAFLD) is considered to be a severe health threat across the world, the prevalence of which has significantly increased in recent years. Considering the role of diet in the pathogenesis of NAFLD, the present study aimed to evaluate and compare the dietary intakes of patients with NAFLD with healthy subjects. **Methods:** This case-control study was conducted on 120 participants aged more than 18 years. The case group included 60 patients who were diagnosed with NAFLD based on Fibroscan assessment. The diet records of the subjects were analyzed using a three-day dietary record questionnaire. **Results:** After modulation based on energy intake, the total intakes of energy, fiber, vitamin D, and vitamin E were significantly lower in the patients with NAFLD compared to the control group. In addition, the level of trans-fatty acids after energy adjustment was significantly higher in NAFLD patients compared to the controls. However, analysis after the energy adjustment indicated no significant difference between the case and control groups in terms of protein, carbohydrate, saturated fatty acid, monounsaturated fatty acid, and polyunsaturated fatty acid intakes. **Conclusion:** According to the results, the diet records of the patients with NAFLD and healthy subjects differed in terms of the intakes of energy, fiber, trans-fatty acids, vitamin D, and vitamin E. Therefore, special attention must be paid to the dietary patterns of these individuals in order to improve their lifestyle and prevent the occurrence and progression of NAFLD.

## کلمات کلیدی:

Non-alcoholic fatty liver disease, Diet record, FibroScan

## لینک ثابت مقاله در پایگاه سیویلیکا:

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