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EFFECT OF FIBER INTAKE ON BODY COMPOSITION IN HEALTHY WOMEN

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Considerable evidence supports that increasing consumption of dietary fiber is associated with lower risk of obesity in adults¹. Although most of the proposed beneficial effects of fiber consumption have been attributed to viscous and gel-forming properties of soluble fiber, both soluble and insoluble fiber are strongly associated with reduced risk for obesity and overweight². In total 100 women were included in the study. Survey questions were prepared to get details about the general characteristics of participants. Also, participants were asked to fill out a 3-day food consumption form and a 24-hour physical activity form to receive nutritional habits and physical activity information. Subsequently, all the food consumption of the participants were entered into the BEBIS program in order to calculate macro and micronutrient intakes. Statistical analyses were performed with SPSS software. Between-group differences for categorical variables were compared by using chi-square analysis. Pearson correlation test was used in order to determine the correlation of fiber intake and body composition. Fiber intakes of the participants were categorized and compared across tertile group. One group was categorized as 'low consumers' (below 25g/day of fiber intake) one was 'moderate consumers' (between 25-40g/day) and the third group was 'high consumers' group (<40g/day). Results of this study indicated that participants who have consumed moderate amount of fiber is associated with lower body mass index, body weight and body fat. In terms of fiber intake and body composition association, results showed that there was statistically significant difference between low consumer and moderate consumer group ($p < 0,05$), while, there wasn't any statistical difference between moderate consumer and high consumer group ($p > 0,05$). In view of the fact that, when mean dietary fiber intake is about as advised (25-40g/day) can be protective of overweight/obesity. Higher than the recommended amount is not meaning that it may be more protective of overweight/obesity. Results of this study indicated that moderate fiber intake is inversely associated with body weight, BMI and body fat.

Biography

Gözde Okburan has been graduated from Nutrition course from Health Sciences Department in Kingston University, London as a Nutritionist. After that she has been done further studies for two more years in Eastern Mediterranean University in order to graduate from a dietetic course. Later, she obtained her post-graduation from Eastern Mediterranean University with subjects Cardiovascular disease and nutrition and then started working at a private hospital as a nutritionist and dietitian. Nowadays, she is doing her PhD in Acıbadem University, where she has continued her research. Presently she has been working at the Eastern Mediterranean University, Famagusta.

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