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Fazakas Zita

University of Medicine and
Pharmacy of Tirgu Mures,
Romania

Co-Authors

Germán-Salló Márta, Preg Zoltán, Pál Sándor, Tripon Róbert Gábriel, Fogarasi Erzsébet and Nemes-Nagy Enikő

University of Medicine and
Pharmacy of Tirgu Mures, Romania

Using dietary assessment instruments for research in obese patients with cardiovascular diseases: A pilot study

Purpose: The purpose of this study was to use as many nutrition tools as possible to calculate more dietary parameters from food questionnaire of patients diagnosed with cardiovascular diseases and obesity. The dietary assessment instruments (DAI) for research (DAIR) are tools that calculate dietary parameters such as daily nutrient recommendations.

Material & Methods: The study group included patients diagnosed with cardiovascular diseases (CVD) admitted to the cardiovascular rehabilitation clinic in Tirgu Mures and the subjects filled a questionnaire with the food consumption for the previous year, 2017.

Results: The daily nutrient recommendations for a 55 years, 168 cm, 96 kg female patient calculated with DAI is 2308 kcal/day, 75 mg vitamin C, 1.5 mg vitamin B6, 8 mg zinc, 0.9 mg copper. The dietary parameters for this patient calculated with DAIR are healthy eating index (HEI)=60, alternate healthy eating index (AHEI)=40, dietary approaches to stop hypertension (DASH) score=10, dietary inflammatory index (DII)=+1, dietary anti-inflammation index (D-AII)=-1, index inflammatory score of diet (ISD)=30 and oxygen radical absorbance capacity (ORAC)=5000. The dietary parameters calculated with FFQs is 1637 kcal/day, 230 mg vitamin C, 0.5 mg vitamin B6, 5 mg zinc, 0.6 mg copper, HEI=53, AHEI=47, DASH=7, DII=+1.86, A-AII=-1.86, ISD=22 and ORAC=5000. The average ORAC value for 37 patients with cardiovascular diseases was 3641 ORAC for women and 2601 ORAC for men. The difference between daily nutrient recommendations and daily nutrient intake of the patient represents a probability of inadequate nutrients of 30% due to the lack of daily nutrition of nuts, seeds and vegetable oils that have therapeutic properties of CVD patients.

Conclusions: Dietary assessment instruments for research could be a useful tool for nutritional counseling. In future web-based nutrition analysis software services should become popular among obese patients with cardiovascular disease.

Biography

Fazakas Zita has completed her graduation from University of Medicine and Pharmacy of Tirgu-Mures in 2011. She is currently working at Department of Biochemistry and Environment Chemistry, Faculty of Pharmacy University of Medicine and Pharmacy of Tirgu- Mures, Romania. Her area of expertise is around Dietetics and Nutrition. She is full time Teaching Member of Biochemistry Discipline and main Biochemistry Lecturer for 1st year students of specializations: (Romanian, Hungarian and English series), Dental Medicine, Medical Nursing, Nutrition and Diabetics and Physiokinetotherapy.

nneniko@gmail.com

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