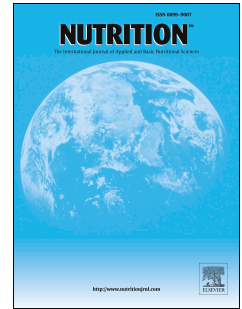


Accepted Manuscript

The excessive caloric intake and micronutrient deficiencies related to obesity after a long-term interdisciplinary therapy

Vanessa S. Poli, Vanessa Fadanelli Schoenardie Poli, Msc, Ricardo B. Sanches, Master, Amanda S. Moraes, Master, João Pedro N. Fidalgo, Master, Maythe A. Nascimento, Master, Paula Bresciani, Stephan G. Andrade-Silva, Master, Marcos T. Cipullo, PhD, José C. Clemente, Danielle A. Caranti, PhD



PII: S0899-9007(17)30031-X

DOI: [10.1016/j.nut.2017.01.012](https://doi.org/10.1016/j.nut.2017.01.012)

Reference: NUT 9915

To appear in: *Nutrition*

Received Date: 10 October 2016

Revised Date: 11 January 2017

Accepted Date: 25 January 2017

Please cite this article as: Poli VS, Schoenardie Poli VF, Sanches RB, Moraes AS, Fidalgo JPN, Nascimento MA, Bresciani P, Andrade-Silva SG, Cipullo MT, Clemente JC, Caranti DA, The excessive caloric intake and micronutrient deficiencies related to obesity after a long-term interdisciplinary therapy, *Nutrition* (2017), doi: 10.1016/j.nut.2017.01.012.

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

Abstract

OBJECTIVE: To assess the effectiveness of a long-term interdisciplinary lifestyle modification therapy on food intake, body composition and anthropometric measurements of obese women.

RESEARCH METHODS & PROCEDURES: Seventy obese women (age 41 ± 5.9 years) attended the interdisciplinary therapy, with nutrition, physical exercise, physiotherapy and psychological support during the course of one year. Usual food intake was estimated by three-day dietary record. The dual-energy x-ray absorptiometry was performed to determine body fat and fat-free mass. Waist and hip circumferences were also measured. The *t*-Student and Wilcoxon tests were used for comparisons among categories, $p < 0.05$ was considered to be significant.

RESULTS: The assessment of dietary intake has shown significant changes after interdisciplinary therapy. It was observed a reduced intake of total calorie (18.3%), carbohydrate (15.6%) and total fat (13.1%). Total micronutrients intake did not change positively after therapy, as the intake of sixteen micronutrients was still lower than recommended. The therapy was effective in reducing significantly body weight (5.9%), BMI (6.1%), body fat (4.7%), waist (5.2%) and hip (3.8%) circumferences.

CONCLUSIONS: Long-term interdisciplinary therapy was effective to decrease caloric, carbohydrate and fat intake. The therapy changed positively the body composition and reduced anthropometric measurements. However, the intake of some micronutrients after the therapy was still significantly lower than recommended. This way, we understand that the proposed interdisciplinary methodology can be effective to treat obesity, but it is reinforced the need to address the micronutrient deficiency in the target population.

Keywords: public health, nutrition, lifestyle modification, dietary change, obesity treatment

Download English Version:

<https://daneshyari.com/en/article/5656891>

Download Persian Version:

<https://daneshyari.com/article/5656891>

[Daneshyari.com](https://daneshyari.com)