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Vitamin C intake is reduced in obese Brazilian adults

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Statement of the Problem: Overweight is a worldwide public health problem, including in Brazil, and fruits and vegetables consumption is a way to prevent it. In relation to vitamin C, found mainly in fruits and vegetables, its consumption contributes to the reduction of the inflammatory process associated with overweight. The aim of this study was to evaluate the relationship between vitamin C intake and obesity in Brazilian adults.

Methodology: This cross-sectional study was developed in approved by the Research Ethics Committee of Federal University of Goiás, Brazil. The body fat percentage was measured by bioelectrical impedance analysis and the subjects were classified as obese and non-obese. For the assessment of the adequacy of vitamin C intake, were collected 24-hour dietary recalls in three non-consecutive days, including one day of the weekend, considering the average intake. Pearson's chi-square test was used to compare the prevalence of low vitamin C intake between obese and non-obese. Binary logistic regression was used to analyze the association between obesity and vitamin C intake. P values <0.05 were considered significant.

Findings: Of the 31 participants, 96.8% were female and the mean age was 41.39 ($\pm 11,36$) years. There was a greater prevalence of low vitamin C intake among obese adults ($p=0.006$) (Table 1), and the low intake of vitamin C increased the chance of being obesity (OR=0.060, $p= 0.028$) (Table 2).

Conclusion: The consumption of foods rich in vitamin C should be encouraged among the assessed obese adults, improving the intake of foods with lower energy density and higher antioxidante status, which consenquently will prevent future health problems.

Biography

Ana Gabriella Pereira Alves is a Nutritionist graduated from the Federal University of Goiás, Brazil. C er's degree in Health Sciences (Faculty of Medicine/Federal University of Goiás, Brazil) and is currently a PhD student in the same program. She concluded a postgraduate in Sports Nutrition and is a postgraduate student in Functional Clinical Nutrition, co-author of two book chapters, related to Sports Nutrition, and is Anthropometrist ISAK Level 1. She is also a Member of the Laboratory of Physiology, Nutrition and Health (Faculty of Physical Education and Dance/Federal University of Goiás, Brazil).

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