Effect of sugar on diets in first week of therapy: A clinical study.

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Abstract:
Introduction: There were many ways to lose weight in a short amount of time. However, most of them require you to be hungry and unsatisfied. Aim of this study was to examine the impact of sugar on diets in the first week of therapy. Methods: This was a clinical study. Sample size was 100 people; samples were people suffering from obesity and have weights more than 80 kg. Samples were divided into two groups. In the first group, all sugar used was omitted (sauce, syrups, gums and all sugar components). In the second group, only one meal sugar component (they use sugar once a week). Exclusive criteria were diabetes, thyroid and people who use special drugs. After one month, all the parameters like weight loss, BMI, HDL, LDL were measured. All data gathered and used SPSS for measuring. Chi-square, T-student and correlation tests were used in this study. Results: Results show that in the first group, 5.6 percent more than the second group have weight loss and there was a significant relationship between cutting whole sugar and weight loss, BMI in groups (p=0.05). Conclusion: Omitting sugar causes to weight loss, recommendation is to change white sugar to brown sugar and change with other components like, palm and free sugar components.

Biography:
Javad Arian Nezhad, Nutritionist and Dietician who manages a clinical caseload for the prevention and treatment of morbid obesity of the patients by providing individual/group counseling. Advising and promoting healthy lifestyle that meet the needs of patient/clients with differing health care needs.

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1. Evaluation of the effect of low-calorie diet on level of sexual ability and desire of people who are overweight, fat and obese, Javad Arian Nezhad
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