



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 effect of sugar on diets in 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 first group, all sugar used omitted (sauce, syrups, gums and all sugar components). In second group, only have 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 measured. All data gathered and used SPSS for measuring. Chi-square, T-student and correlation tests were used in this study. **Results:** Results shows that in first group 5.6 percent more than second group have weight loss and there was significant relationship between cut whole sugar and weight loss, BMI in groups ($p=0.05$). **Conclusion:** Omitting sugar cause 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 man-



ages 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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Webinar on Diet & Nutrition | May 18, 2020 | Toronto, Canada

Citation: Javad Arian Nezhad, Effect of sugar on diets in first week of therapy: A clinical study, Diet & Nutrition 2020, Toronto, Canada.