

22nd European Nutritional Science Congress

November 26-27, 2018 | Barcelona, Spain

Dietary intervention for hypothyroidism overweight/obese reproductive age women attending diabetes and endocrine clinics in the north of Jordan

Nahla Al-Bayyari

Al-Balqa Applied University, Jordan

Hypothyroidism is a disorder of the endocrine system in which the thyroid gland does not produce enough thyroid hormones. A diet low in nutrient-rich foods, especially in iodine and selenium, increases the risk for thyroid disorders. Recently, three common diets (paleo, gluten free and vegan) were used to improve hypothyroidism. However, each type of diet has its own problems and forbid several essential nutrients. Therefore, the objective of this project was to study the effect of an interventional special diet joined paleo, gluten-free and vegan diets on hypothyroidism patient's anthropometry, body composition, thyroid function test, lipid profile and glucose indices. The study design was an experimental trial conducted on 200 overweight and/or obese reproductive women aged from 18 to 49 years old who is attending diabetes and endocrine clinics at King Abdullah University Hospital. Demographic and lifestyle characteristics were collected using structured, valid and reliable questionnaire. Body composition was determined by the bioelectrical impedance (in body) while anthropometric measurements were performed by conventional procedures. All medical and biochemical parameters were obtained from the hospital computerized system. All participated women follow the interventional diet for two months and their anthropometric, body composition, medical and biochemical data were measured before (basal), after the first and the second month of using the diet. Results revealed that the interventional diet decreases the participants weight, waist and hip circumference, WHR, fat mass, total cholesterol, LDL, triglycerides and thyroid stimulating hormone significantly ($p < 0.05$). Moreover, it increase the patients muscle mass, fat free mass, HDL, thyroxin, thyronin, FBG and HBA1c ($p < 0.05$) significantly. In conclusion, this modified diet is highly recommended for hypothyroidism overweight/obese reproductive women because it helps in improving quality of life and reduces hypothyroidism complications.

n.bayyari@bau.edu.jo

Notes: