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## Eating behavior and biochemical serum indicators in adults with type 2 diabetes mellitus that habitat in rural areas of Jalisco, Mexico

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Introduction: Eating behavior in Type 2 Diabetes Mellitus (T2DM) related to development and progression of complications.

Aim: Main objective of this study was to evaluate biochemical serum indicators and eating habits.

**Method:** A cross sectional observational study of 34 adults (18-60 years), applied an eating behavior instrument and evaluates biochemical serum indicators. Frequencies distribution and co-variance analysis with adjustment variables used.

**Results:** The 18% reported normal weight, 44% overweight, 38% obesity. Levels glucose was related to avoid any foods dislike (p=0.037); cholesterol was associated with dislike of fish and seafood (p=0.046); not usually including dessert in main meal (p=0.04); sweeten fruit (p=0.028) and including non-sweeten fruit (p=0.002). Low density lipoproteins were related to election food according to nutritional values (p=0.025), like to almonds, nuts, pistachios and seeds were related to high density lipoproteins. Triglycerides were associated to choose food because it's visually pleasing (p=0.005), not reading nutritional (p=0.028), drinking portion major of fresh water in day (p=0.014), including soup or other entry in main meal (p=0.026) besides, tortilla, bread or tostadas (p=0.013). Insulin was related with reading and understanding food's nutritional labels (p=0.037); another person making meals (p=0.01), chewing frequently each bite more 25 times (p=0.006), liking fruits (p=0.002), vegetables (p=0.009), beans, lenses, chickpeas (p=0.039), egg (p=0.045). Interleukin 6 were associated with another person making meals (p=0.01), chewing each bite more 25 times (p=0.006), liking fruits (p=0.006). Antioxidant capacity was related to liking almonds, nuts, seeds, pistachios (p=0.001).

Conclusions: Eating behaviors could relate in protection or negative effect during T2DM progression.

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