

8th International Conference on

CLINICAL NUTRITION

December 08-10, 2016 Dubai, UAE

Impact of ginger intake on weight reduction in overweight & obese adults: A clinical trial, Al Madinah Al Munawarah, KSA

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Introduction: Obesity is considered as one of the serious problem in KSA, evidences suggested that ginger had a significant effect on the feeling of safety anger. Contributing to an increased calorie burn, improving weight loss by enhancing the feeling of fullness after a meal, suppressing appetite, ginger supplementation is an effective way of avoiding ingesting more calories from food and therefore, losing weight. Ginger has been used for 1000 of years as flavoring and cooking spices and it contain many active constituents which have beneficial effects.

Objective: To examine the short-term effects of ginger on body weight reduction among adult with overweight or obesity living in Al Medina Al Munnawarah city.

Design: Clinical trial.

Setting: Al Madinah Al Munawarah, KSA.

Participants: 100 adult participants from Al Madinah Al Munawarah were chosen according to inclusion and exclusion criteria and randomly divided into 50 cases including (8 males and 42 females) and 50 as a control (7 males and 43 females) aged from (18-50).

Method: Demographic questionnaire distributed among the sample. Anthropometric measurements for all the participants before & after the study trail were measured. Ginger capsules were obtained from Nature's way company. Each participant was given a bottle containing 180 capsules. Each subject of the case was instructed to take 2 capsule with each three main meal/day which were equivalent which equals 3 gram of powder ginger were used, while the control did not receive any supplement. Cases and the control did not subject to any lifestyle modifications. Then all data entered and analyzed by SPSS programmed version 20.

Results & Conclusion: The study shows significant reduction in waist circumference (p value=0.024) in most of the cases who were supplemented with ginger. On the other hand no significant effect of ginger was found regarding (body weight, BMI, BMR lean body mass and body fat). The fact that ginger intake reduce waist circumference is a very important factor in reducing the incidences of various heart diseases and it needs further studies to explain the mechanism of these findings.

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