

Food pattern & hyperlipidemia assessment of diabetic patients of Taleqani General Hospital, Shahid Beheshti University of Medical Sciences, Tehran, Iran

Derakhshani K* and **Salimiha Z**

Shahid Beheshti University of Medical Sciences, Iran

Introduction: Human studies investigating have achieved the relationship between food patterns and diabetes. This survey was carried out to investigate food patterns and its probable relationship with Hyperlipidemia Body Mass Index in bedridden diabetic patients of Taleqani General Hospital, 2005.

Methods: Sixty-five diabetic patients of Endocrinology ward with the age of 16 to 80 years were chosen by random sampling from the hospital. Demographic data covering Height, weight measurements collected for each patient and BMI was calculated by $W \text{ (kg)}/H^2 \text{ (m}^2\text{)}$ for each individual. Dietary Patterns covering 24-hour dietary recall for 3 days and also food frequency questionnaire were filled for each patient. Statistical analysis was carried out using SPSS.

Results: The mean diabetes duration was 7.97 years. 57% of diabetic patients had positive familial history. The mean BMI of the patients was 26.02 kg/m^2 . 29.23% of the patients (19 individuals) had Hyperlipidemia. The dietary pattern showed that (31 individuals) 47.62%, (2 individuals) 3.07%, (28 individuals) 43.07%, (3 individuals) 4.61% and (1 individual) 1.53% consumed saturated (vegetable) fat, saturated (animal) fat, unsaturated vegetable oil, olive oil and butter, respectively. And also, the results showed that obese patients were more susceptible to both hypercholesterolemia and hypertriglyceridemia than patients with normal BMI.

Conclusion: In conclusion, we found that most of diabetic patients had poor eating habit and unsuitable consumption pattern in oil choices which has a positive relation with hyperlipidemia. It is highly recommended to provide diabetic patients with correct information about healthy eating, as high-risk population of the community.