



USING DIETARY ASSESSMENT INSTRUMENTS FOR RESEARCH IN PATIENTS WITH CARDIOVASCULAR DISEASES. A PILOT STUDY.

Fazakas Zita¹, Germán S. Márta², Preg Zoltán³, Pál Sándor¹, Tripon R. Gábriel¹, Fogarasi Erzsébet⁴, Nemes-Nagy Enikő¹

1 Department of Biochemistry and Environmental Chemistry, University of Medicine and Pharmacy, Tirgu Mures, Romania 2 Department of Internal Medicine III, University of Medicine and Pharmacy of Tîrgu Mureş, Romania 3 Department of Family Medicine, University of Medicine and Pharmacy of Tîrgu Mureş, Romania

Aims

The purpose of this study was to use as many nutrition tools as possible to calculate more dietary parameters from food questionnaire of patients diagnosed with cardiovascular diseases and obesity.

Materials and Methods

- The study group included 37 patients diagnosed with cardiovascular diseases (CVD) admitted to the Cardiovascular Rehabilitation Clinic in Tirgu Mures.
- The subjects filled a questionnaire with the food consumption for the previous year, 2017.
- The Dietary Assessment Instruments (DAI) for

Results

The average daily nutrient recommendations by DAIR	The average daily nutrient intake of study group calculated by DAIR
Estimated daily calorie intake: 2308 kCal/day/man & 1800 kCal/day/women	1950 kCal/day/man 1637 kCal/day/women
Vitamin C (ascorbic acid), 75 mg	230 mg
Vitamin B6 (pyridoxine), 2 mg	0.5 mg
Zinc mineral, 15 mg	5 mg
Cooper mineral, 1.5 mg	0.6 mg
Healthy Eating Index (HEI)= 60	53

tazzita@yahoo.com

Research (DAIR) was used as tools to calculate dietary parameters:			Alternate Healthy Eating Index (AHEI) = 40	47
https://www.nal.usda.gov/fnic/dietary- assessment-instruments-research		Dietary Approaches to Stop Hypertension (DASH) score = 10	7	
		Dietary Inflammatory Index (DII) = +1	+1.86	
A https://www.palusda.gov/fnis/distancessor	mont instruments receards		Dietary Anti-Inflammation Index (D-AII)	-1.86
nttps://www.nai.usda.gov/mic/dietary-assess	Dietary Guidance	Assessment Instruments for Research		
	Lifecycle Nutrition	Dietary Assessment Instruments for Research	Index Inflammatory Score of Diet (ISD) = 30	22
	Diet and Health	Oxygen Radical Absorbance Canacity	2601 ORAC for men	
Surveys, Reports and Research 😑	USDA. Center for Nutrition Policy and Promotion. The <u>HEI</u> is a summary measure of overall diet quality.	(ORAC) = 5.000	3641 ORAC for women	
	Food and Nutrition Surveys	trition Surveys Diet History Questionnaire Grant Information DHHS. NIH. National Cancer Institute. A free food frequency questionnaire (FFQ) for use by researchers, clinicians, or teachers. ment Grant Dietary Assessment Calibration/Validation Begister		
	Government Grant Information			
	Non-Government Grant Information		Healthy Eating Index	
	Dietary Reference Intake Reports Historical U.S. Food Policy Information Dietary Reference Intake Reports Historical U.S. Food Policy Information Dietary Reference Intake Reports DIHIS. NIH. National Cancer Institute. Register contains studies and publications which compare dietary intake estimates from two or more dietary assessment methods.		Conclusions	
Interagency Committee on Human Nutrition Research	The science of sustaining health behavior change: the health maintenance consortium National Center for Biotechnology; National Institute of Health Summary report of research on key health behaviors and lifestyle factors affecting disease.	Dietary Assessment Instruments for Research could be a useful tool for putritional courseling		
	Legislation and Policy		be a useful toor for nutritional	counseiing.
	Reports, Studies and Statistics	 Measures Registry (Childhood Obesity Research) National Collaborative on Childhood Obesity Research. For public health researchers, a searchable database of diet and physical activity measures (or tools) 	In future web-based nutrition analysis software	
	Research Tools relevant to childhood obesity research to promote the consistent use of common measures and research methods. Periodicals Dietary Assessment Instruments for Research Other Resources Food Composition Short Dietary Assessment Instruments # 		 services should become popular among obese patients with cardiovascular disease. Nutritional parameters gained by DAIR may be useful because they indicate not only the nutritional deficiencies, but they predict also the incidence of 	
Professional and Career Resources DHHS. Find sh fat inta	DHHS. NIH. National Cancer Institute. Find short dietary assessment instruments, also known as screeners, for fruit and vegetable, fiber, and fat intake. Also read about appropriate uses of theses screeners.	CVD.		

Food Safety