



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

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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 Research (DAIR) was used as tools to calculate dietary parameters:
- <https://www.nal.usda.gov/fnic/dietary-assessment-instruments-research>

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
Alternate Healthy Eating Index (AHEI) = 40	47
Dietary Approaches to Stop Hypertension (DASH) score = 10	7
Dietary Inflammatory Index (DII) = +1	+1.86
Dietary Anti-Inflammation Index (D-AII) = -1	-1.86
Index Inflammatory Score of Diet (ISD) = 30	22
Oxygen Radical Absorbance Capacity (ORAC) = 5.000	2601 ORAC for men 3641 ORAC for women



Conclusions

- Dietary Assessment Instruments for Research could be a useful tool for nutritional counseling.
- In future web-based nutrition analysis software 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 CVD.

The screenshot shows a website with a navigation menu on the left and a main content area on the right. The menu includes categories like Dietary Guidance, Lifecycle Nutrition, Diet and Health, Surveys, Reports and Research, Food and Nutrition Surveys, Government Grant Information, Non-Government Grant Information, Dietary Reference Intake Reports, Historical U.S. Food Policy Information, Interagency Committee on Human Nutrition Research, Legislation and Policy, Reports, Studies and Statistics, Research Tools, Periodicals, and Other Resources. The main content area is titled 'Assessment Instruments for Research' and lists several tools with brief descriptions, including the USDA Healthy Eating Index, Diet History Questionnaire, Dietary Assessment Calibration/Validation Register, Automated Self-administered 24-Hour Dietary Assessment Tool (ASA24), and Short Dietary Assessment Instruments.