

21st World Obesity Conference

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Using dietary assessment instruments for research in obese patients with cardiovascular diseases: A pilot study

Purpose: 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. The dietary assessment instruments (DAI) for research (DAIR) are tools that calculate dietary parameters such as daily nutrient recommendations.

Material & Methods: The study group included patients diagnosed with cardiovascular diseases (CVD) admitted to the cardiovascular rehabilitation clinic in Tirgu Mures and WKH VXEMHFWV ¿OOHG D TXHVWLRQQDLUH ZLWK WK

Results: The daily nutrient recommendations for a 55 years, 168 cm, 96 kg female patient calculated with DAI is 2308 kcal/day, 75 mg vitamin C, 1.5 mg vitamin B6, 8 mg zinc, 0.9 mg copper. The dietary parameters for this patient calculated with DAIR are healthy eating index (HEI)=60, alternate healthy eating index (AHEI)=40, dietary approaches to V W R S K \ S H U W H Q V L R Q '\$6+ VFRUH @ " @

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