

Original Paper

Comparison of satiety index in low-fat yogurt and bread regiments in healthy adults

Zeinab Gholami (M.Sc)¹, Seyyed Morteza Safavi (Ph.D)^{*2}
Parvane Saneei (Ph.D)³, Awat Feizi (Ph.D)⁴, Peyman Adibi (Ph.D)⁵

¹M.Sc in Nutrition, Food Security Research Center, School of Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran. ²Associate Professor, Food Security Research Center, Department of Clinical Nutrition, School of Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran. ³Ph.D in Nutrition, Food Security Research Center, School of Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran. ⁴Professor, Endocrine and Metabolism Research Center, Integrative Functional Gastroenterology Research Center, Department of Biostatistics and Epidemiology, School of Health, Isfahan University of Medical Sciences, Isfahan, Iran. ⁵Professor, Integrative Functional Gastroenterology Research Center, Isfahan University of Medical Sciences, Isfahan, Iran.

Abstract

Background and Objective: Obesity is a major healthy problem worldwide. The incidence and severity of obesity is increased in recent years. Satiety is described as a blocker of receiving more food after the end of eating. Satiety index (SI) is considered as index for measurement of ability of food for losing of hungry and making satiety for more than 2 hours. This study was done to determine satiety index of low-fat yogurt (1.5%) and white bread in healthy adults with normal body mass index.

Methods: This quasi - experimental study was conducted on 30 healthy adults with normal body mass index for two consecutive days. In the first day, each subject was consumed 90 grams white bread and in the second day, each subject was consumed 526 grams of 1.5% low-fat yogurt within 15 minutes. The satiety of low-fat yogurt and white bread based on VAS and LIKERT scales was measured. Cronbach's alpha was determined 0.98 for satiety of white bread and 0.947 for low-fat yogurt

Results: Satiety index of low-fat yogurt was 136.66 ± 1.46 in compared to white bread (SI=100). The level of satiety after 120 minutes of consumption of white bread and low-fat yogurt were not significant based on the VAS scale, but according to the LIKERT scale, low-fat yogurt (1.60 ± 0.43) significantly increased the Satiety index ($P < 0.05$).

Conclusion: The satiety index of low-fat yogurt in adults with normal body weight was 136.66% compared to white bread that showed higher satiety of low-fat yogurt compared to white bread.

Keywords: Satiety, Satiety index, Low fat yogurt, White Bread

* Corresponding Author: Safavi SM (Ph.D), E-mail: safavimorteza@nutr.mui.ac.ir

Received 23 Oct 2016

Revised 18 Dec 2017

Accepted 2 Jan 2018

Zeinab Gholami (<https://orcid.org/0000-0002-3249-2148>), Seyyed Morteza Safavi (<https://orcid.org/0000-0001-6923-5834>)