primary studies - published RCT

Effects of low glycemic index/high-fat, high-calorie diet on glycemic control and lipid profiles of children and adolescence with cystic fibrosis: A randomized double-blind controlled clinical trial.

Code: PM31991298 **Year:** 2020 **Date:** 2020 **Author:** Gorji Z

Study design (if review, criteria of inclusion for studies)

Randomized clinical trial

Participants

44 children and adolescents with cystic fibrosis

Interventions

Patients were randomized to receive for three months either a high fat, high-calorie diet (n = 22) or a low glycemic index/high fat, high-calorie diet (n = 22) with similar calorie and macronutrients composition.

Outcome measures

Serum levels of lipid profiles (triglyceride, total cholesterol, HDL cholesterol, LDL cholesterol), insulin, fasting blood glucose, and glycated hemoglobin were measured at baseline and after the intervention.

Main results

Between-group differences were significant only for fasting blood glucose (P

Authors' conclusions

It seems that adherence to a low glycemic index/high fat, high-calorie diet can improve glycemic indices in children and adolescents with cystic fibrosis compared to the high fat, high-calorie diet.

http://dx.doi.org/10.1016/j.dsx.2019.12.010

See also

Diabetes Metab Syndr. 2020 Jan 8;14(2):87-92. doi: 10.1016/j.dsx.2019.12.010.

Keywords

Low glycemic index meal; Food; non pharmacological intervention - diet; Diabetes Mellitus; Pancreatic Diseases; Gastrointestinal Diseases;