



دانشکده تغذیه و علوم غذایی
School of Nutrition and Food Sciences



جمهوری اسلامی ایران
وزارت کشور
استادفارس



دانشگاه علوم پزشکی شیراز
Shiraz University of Medical Sciences

کنگره ملی نان کامل و فرآورده های غلات

Iranian Congress of Whole Bread and Grain Products



Code:
02650285

The effect of consuming whole grains on weight: A systematic review

Roxaneh sadat Ziaee¹

Master of Nutrition science, school of Nutrition and Food Sciences, Shiraz University of Medical Sciences, Shiraz, Iran

. Background and Aims:

The prevalence of obesity is increasing worldwide, and despite the awareness that high-fiber diets are associated with health benefits such as weight loss[1]. A lack of dietary fiber is still observed in the diets of Americans[1]. While higher intakes of fiber are linked to lower body weight[3]. The aim of this study is to investigate the effect of whole grain on weight.

Materials and Methods:

Using the keywords whole grains and weight in PubMed until November 7, 2024. Twenty-two articles were found. Based on the study of their titles, eight articles were removed, six articles were removed after studying their abstracts, and six articles were removed after examining their full texts.

Results:

Ultimately, only two articles are used for this current study. According to the Jackson's study there were no variety in anthropometric indices among participants[2]. However, weight, body mass index reduced at both 6 and 12 weeks[2]. In Christensen's study observed that weight loss in the refined grains group was -4.4 ± 0.4 Kg whereas weight loss in the whole grains group was 5.0 ± 0.4 Kg[1].

Conclusion:

The consumption of whole grains can be beneficial and effective for weight loss as individuals who followed WG diet had experienced lost weight while the rest of participants who consumed refined grains had gained weight.

References:

- 1-Carmen P Ortega- Santos, 2019, The Key to Successful Weight Loss on a High-Fiber Diet May Be in Gut Microbiome *Prevotella* Abundance
- 2-KH Jackson, 2014, Effects of whole and refined grains in a weight-loss diet on markers of metabolic syndrome in individuals with increased waist circumference
- 3-Joanne Slavin, 2013, Fiber and Prebiotics: Mechanisms and Health Benefits