

CONFERENCE ABSTRACT

Effect of high fiber breakfast cereal consumption at Suhur on satiety and digestive symptoms during the month of Ramadan

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Abstract

Introduction: Fasting during Ramadan involves large changes in daily eating patterns which strongly impacts the daily biorhythm and challenges the regular function of the digestive tract. In the UAE more than seven out of ten children and adolescents consume less fiber than recommended. A common problem reported during Ramadan is poor digestion health accompanied by an increase in the occurrence of constipation. **Objective:** To assess satiety bowel habits body composition blood glycaemia and blood lipidemia after the consumption of high fiber All Bran cereal at Suhur meal. **Methodology:** This research study is a controlled randomized parallel-design study. Subjects (n= 45) consumed either 90g of All Bran Raisins (11g/100g fiber) or 90g All Bran Flakes (15g/100g) at Suhur for 20 consecutive days compared with control group (n= 36). **RESULTS:** After 20 days significant differences were found for the intervention group for appetite digestive symptoms and lipid outcomes. Fifteen minutes after Suhur 100% of the high fiber intervention group (n=45) and 32% of the control group (n=36) experienced satisfaction after the meal. Eight hours later 53% of the control group and 23% of the intervention group felt hungry. Bloating symptoms were significantly improved for intervention group compared to the control group and had improved bowel functioning (60.5% 48.6%; $P < 0.001$ respectively). The high fiber group had significant higher fiber intakes: the control group stayed at 18.5g fiber per day while in the intervention group fiber intake increased from 18 to 25.5g fiber/day. There were no significant changes in body weight % body fat and BMI after 20 days for both groups. Moreover cholesterol and LDL levels have increased significantly in the control group but were maintained in intervention group. Finally, there was no significant increase in blood glucose and triglycerides for the control group. **Conclusions:** There is a clear positive effect of consuming high fiber breakfast cereal on health and wellbeing during Ramadan with better satiety improved bowel functions and blood lipids. Increasing the intake of dietary fiber/day in Ramadan would have many health benefits for the people in the Arab Gulf countries. This research was funded and supported by Kellogg EMEA.

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