Obesity is a chronic condition that has been found to be associated with habitual eating patterns and lifestyle. The recent dramatic modification in Saudi diet in particular, modifying the type of carbohydrates content of the diet, was behind the most health problems. This study investigates both, the relationship between consumption of traditional Saudi foods and prevalence of obesity, and the effect of consumption traditional Saudi foods on losing weight. The results have revealed that 28% of subjects were overweight or obese, and 70% of subjects usually consume the traditional Saudi foods. There was a significant inverse correlation between the BMI and the consumption of these traditional Saudi foods (p=0.003). The second part of the study on obese and overweight participants has shown that 4% of weight reduction has been achieved within 6 weeks on low glycaemic index traditional foods. In conclusion, dietary advice should be given to consume the healthy traditional food in order to overcome and diminish the occurrence of health problem escalation.

Biography

Muneera Q Al-Mssallem is a faculty member at King Faisal University, Saudi Arabia. She has got her PhD in dietetics from Surrey University, Guildford, UK. She has been working as an Assistant Professor at King Faisal University since 2011. She has published some of her works in some journals such as European Journal of Clinical Nutrition, Saudi Medical Journal, Journal of Diabetes & Metabolism, Annals of Nutritional Disorders & Therapy, Proceedings of Nutrition Society, and Arab Gulf Journal of Scientific Research.

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