Abstract

Background: In Brazil, a mixture of cereals known as “Human Ration” (HR) has been consumed as a substitute for meals due to effects in satiation and weight loss. Methods: This paper evaluated the effect of HR consumption for 45 days as a breakfast replacement, on body composition, biochemical profile and eating behavior in women (n = 20) between 18-45 years old and with BMI between 27-35 kg/m2. Results: The intake of HR did not promote significant changes in the body composition as well as in the mean serum values of glucose, HDL, VLDL, TC/HDL, AST and ALT. However, a significant change was noticed in the levels of TC, LDL and triglycerides (p < 0.05). Average daily intake of calories and macronutrients of the volunteers during the period of HR consumption did not differ from their habitual ingestion (p > 0.05). Regarding the consumption of total fibers, there was a significant increase (p < 0.05) in intake at breakfast during the period of HR consumption when compared to the usual intake. The consumption of HR did not intervene in the sensations of satiation, hunger and prospective intake among the subjects, presenting only instantaneous significant alterations throughout the study. Conclusion: The results are clinically relevant, since they may contribute to the reduction of risk factors for chronic noncommunicable diseases.

Keywords

Obesity, Body composition, Dietary fiber, Dietary supplements.