

ÖZET

ŞEBER N.G. Glisemik İndeks ve Glisemik Yükün Tıbbi Beslenme Tedavisinde Yeri ve Etkinliği. Hacettepe Üniversitesi Sağlık Teknolojisi Yüksekokulu Beslenme ve Diyetetik Bölümü BES-445 Seminer, Ankara, 2007. Bu çalışma; glisemik indeks ve glisemik yükün tıbbi beslenme tedavisindeki rolünü tanımlamak amacıyla, şimdiye kadar yayımlanmış bu konudaki yayınların bir arada değerlendirilmesi ile oluşturulmuştur. Glisemik indeks ve glisemik yük ile ilgili yayınlar; bilgisayar tabanlı arama yöntemi ile elde edilmiştir. Pubmed veri bankası; Medline ve Elsevier gibi yayın bankalarına ulaşmak için geçit olarak kullanılmıştır. Sciencedirect, Cochrane Library ve EbscoHost Web gibi veri bankalarından da yararlanılmıştır. Glisemik indeks, glisemik yük tek başına ve ilgili diğer kelimeler ile (obezite, metabolik kontrol, kardiyovasküler hastalıklar, beden kitle indeksi, iştah, tokluk, kolesterol, trigliserit, insulin, kan şekeri) birlikte anahtar arama sözcüğü olarak kullanılmıştır. Araştırmada insan ve hayvan çalışmalarından yararlanılmış ve sadece İngilizce dili ile basılan araştırmalardan ve Türkçe ve İngilizce kaynak kitaplardan yararlanılmıştır. Değerlendirilen araştırmalarda, yüksek glisemik indeks diyeti ile düşük glisemik indeks diyetini karşılaştıran, diyetin glisemik yükünün sağlığa olan etkilerini araştıran çalışmalardan yararlanılmıştır. Bu araştırmalar; sağlıklı, kilolu (BKI= 25,0- 29,9) yetişkin ve çocuklarda, obez bireylerde (BKI=30,0-34,9), Tip 1 ve tip 2 DM hastalarında, kardiyovasküler hastalıkları olanlarda, hiperlipidemili hastalarda ve hayvanlarda yürütülen araştırmalardan oluşmaktadır. Ayrıca, konu ile ilgili raporlar, meta-analizler, tartışma yayınları da çalışma sırasında yararlanılan kaynaklardandır. Yararlanılan araştırma yayınları; kısa süreli, uzun süreli deneysel çalışmalardan ve epidemiyolojik çalışmalardan oluşmaktadır. Elde edilen kaynaklar, Yrd. Doç. Dr. Gülhan EROĞLU SAMUR tarafından değerlendirilmiştir. Seminer konusu ve planına uygun olan yayınlar, araştırma konuları açısından sınıflandırılarak bu seminerin hazırlanmasında kaynak olarak kullanılmıştır.

Anahtar Kelimeler: Glisemik indeks, Glisemik yük, Glisemik kontrol, Düşük glisemik indeks, Yüksek glisemik indeks

ABSTRACT

ŞEBER N.G. Effects of Glycemic Index and Glycemic Load On the Medical Nutrition Therapy. Hacettepe University School of Health Technology Department of Nutrition and Dietetic BES-445 Seminar, Ankara, 2007. This study is designed to determine the effects of glycemic index and glycemic load on the medical nutrition therapy. Articles, which were published about this subject, were collected to define the effects of glycemic index and glycemic load on the medical nutrition therapy. The articles about this subject were selected through a computer-assisted literature search. Pubmed was used as a gateway to the databases Medline and Elsevier. Sciencedirect, The Cochrane Library and EbscoHost Web were also used in this research. Glycemic index and glycemic load were used as a basic keyword. Also, these definitions combined with other keywords such as, obesity, metabolic control, cardiovascular disease, body mass index, appetite, satiety, cholesterol, and triglyceride and blood glucose. Both human studies and animal studies were used in this seminar and only articles that were published in English and the resource books in Turkish and in English were considered. Accepted articles included high-GI v. low-GI diet and glycemic load of diet, investigating the effect of these factors on the health. The participants of these studies were patients with Type 1 DM, Type 2 DM, cardiovascular disease, hyperlipidemia, healthy-overweight adults and children, obese, healthy lean human or animals. On the other hand, meta-analysis, reviews and reports about this subject were used in this seminar. Short-term studies, long-term studies and epidemiologic studies were collected. The data, which were collected, were valuated by Associate Prof. Gülhan EROĞLU SAMUR. The articles were classified according to their subject and were used in this seminar as a reference.

Key Words: Glycemic Index, Glycemic Load, Glycemic control, Low-glycemic index, High-glycemic index

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