

B39 Comparing the anthropometric data and diet quality among intermittent fasting practitioners (IFPs) versus non-intermittent fasting practitioners (non-IFPs) in Terengganu

Thivya Thrunawkarasu and Che Shuhaili CT

Department of Nutrition and Dietetics, Faculty of Health Science, University Sultan Zainal Abidin

Intermittent fasting (IF) is an effective strategy in promising health outcomes in anthropometric parameters and its dietary impact. The main objective of this study was to compare anthropometric measurements and quality of diet among IFPs and non-IFPs in Terengganu specifically aged from 19 to 60 years old. A total of 132 participants (92 IFPs and 38 non-IFPs) took part in this study. In this context, the IFPs group was the fasting group which involved religious fasting, alternate day fasting, 16/8 method and 5:2 diet. Meanwhile, the non-IFPs group was the non-fasting group. Assessment for anthropometry measurement using suitable home equipment with guidance was given via google form and a food frequency questionnaire (FFQ) for diet quality was assisted via phone call and scoring was based on Malaysian Healthy Eating Index (M-HEI). The result showed that no significant difference of anthropometric data between IFPs and non-IFPs group for waist circumference (76.8 ± 13.1 vs 79.5 ± 14.3 , $p=0.295$), waist-to-hip-ratio (0.8 ± 0.14 vs 0.9 ± 0.1 , $p=0.220$) and body mass index (23.6 ± 5.1 vs 22.0 ± 4.5 , $p=0.216$). The diet quality findings also showed no significant difference between both groups, ($p=0.943$). The number of IFPs and non-IFPs obtained poor M-HEI score were 77 (83.7%) vs 32 (84.2%) respectively. Thus, this finding concluded that no significant difference in anthropometric measurements and diet quality was observed between both groups. Furthermore, this study also highlight that importance of choosing a good quality diet during IF would improves anthropometric results and may also improve cardio metabolic variables and act as the most important tool when comparing with non-IFPs group.