B1-25: Characterizing Dietary Intake Associated with Weight Gain In Persons Post Kidney Transplant

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Abstract:
Introduction: Weight gain post kidney transplantation is a significant problem. Dietary intake leads to weight gain; however there is little documentation of micro- and macronutrient intake in transplant recipients. The purpose of this study is to examine dietary intake in post kidney transplant recipients at baseline, 3 and 6 months after transplantation. The aim is to identify contributing dietary factors to weight gain post transplant. The hypothesis is that increased intake of kilocalories, total fat and carbohydrate is associated with weight gain post transplant.

Method(s): A longitudinal prospective design was used to obtain nutritional intake and clinical data from 32 participants (44% males, mean age 50.7 ± 14.5, BMI 26.4 ±35.6) enrolled in a 5-year study examining genetics, environmental factors and weight gain post kidney transplant. At baseline, 3 and 6 months, 24-hour dietary recalls during face to face and telephone interviews were entered into the Nutritional Data System for Research, the “gold standard” for nutritional analysis. Scatterplots and sample means for each nutrient calculated were compared with daily reference intakes (DRI) recommended by the Institute of Medicine or transplant references. Descriptive, correlational and ANOVA analysis will compare changes in nutrient intake and weight changes at time points.

Results: Preliminary baseline data indicate intake of total fat was higher than DRI in 94% of participants, while carbohydrate intake was higher than DRI in 78%. Total fiber, calcium and potassium intake were lower than DRI in 97% of participants. Total protein intake was lower than DRI in 78% of participants, surprisingly, kilocalories were below DRI in 88% of participants. Further data analysis at 3 and 6 months is in process.

Discussion & Conclusions: The individuals in this sample may be at risk of becoming obese due to the higher intake of total fat and carbohydrate. Limitation in the study is the self reported dietary intake. Research examining the interaction of dietary intake, environmental and genetic factors on post-transplant weight gain may provide insight into targeted treatments to attenuate post-transplant weight gain and associated co-morbidities.

Abstract History:
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

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No, I (or a member of my immediate family) have not received something of value* from or own stock (or stock options) in a commercial company or institution related directly or indirectly to the subject of my presentation.

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I will not be describing any pharmaceutical and/or medical device.

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