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Apelin and Nutrient intake Relation

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Apelin is a polypeptide that is released from the adipose tissue and has been determined to have an effect on nutrient intake and insulin sensitivity. It is said to be an effective regulator of glucose and lipid metabolism. There are studies showing that apelin has an effect on the cardiovascular system, nutrient and fluid intake, insulin, obesity, digestion, immunity and respiratory system. It was determined that the level of apelin was higher in obese and type 2 diabetic subjects than in normal individuals. Studies have shown that nutritional factors lead to changes in apelin levels. Variations in the level of apelin of changes in the body weight of the individual lead to changes. It has been shown that dietary restriction of energy reduces the level of apelin. It has been reported that high levels of total fat intake leads to an increase in apelin levels. There are studies on the effect of changes in the fatty acid composition of the diet on the apelin level. It is stated that the hypocaloric diet and eicosapentaenoic acid (EPA) reinforcement may affect the apelin level. However, the high level of LDL has a negative effect on apelin release. It has been shown that body weight change in the individual leads to varying levels of apelin. It has been reported that dietary energy restriction or requirements level of the dietary energy intake decrease in insulin level and also can reduce the apelin concentration. On the other hand, high intake of total fatty acids and EPA has been shown to cause an increase in apelin level. Apelin which is released from adipose tissue is closely related to non-communicable diseases. Adequate and balanced nutrition, especially reducing dietary total fat intake and reducing energy dense food intake can reduce apelin levels. There are key protective factors from diabetes, and cardiovascular disease.

Biography:

Hilal Betül ALTINTAŞ

She graduated from Gazi University, Faculty of Health Sciences, Department of Nutrition and Dietetics in 2014. Erzincan University, Faculty of Health Sciences Department of nutrition and dietetics in 2015 as a research assistant began. In Gazi University Faculty of Health Sciences Department of Rehabilitation and Dietetics, research assistant began and graduate education started in 2016 and still continues.

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Nilüfer Acar Tek has completed her PhD from Hacettepe University in 2008. She received the title of Associate Professor in 2013. She works as Assoc. Prof. Dr. at Gazi University, Faculty of Health Science, Department of Nutrition and Dietetics in Ankara/Turkey. She has published more than 100 articles, 15 books on public health nutrition and clinical nutrition and dietetics.