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Nutrient intake in the GEICO multicenter trial: the effects of a multicomponent worksite intervention.

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Abstract

BACKGROUND/OBJECTIVES: To assess the effects on macro- and micronutrient intake of a nutrition intervention program in corporate settings across the United States.

SUBJECTS/METHODS: Two hundred and ninety-two individuals who were overweight or had type 2 diabetes were recruited from 10 sites of a US insurance company. Two hundred and seventy-one participants completed baseline diet recalls, and 183 participants completed dietary recalls at 18 weeks. Sites were randomly assigned to an intervention group (five sites) or to a control group (five sites) for 18 weeks. At intervention sites, participants were asked to follow a low-fat vegan diet and attend weekly group meetings. At control sites, participants continued their usual diets. At baseline and 18 weeks, participants completed 2-day diet recalls. Between-group differences in changes in nutrient intake were assessed using an analysis of covariance.

RESULTS: Compared with those in the control group, intervention-group participants significantly reduced the reported intake of total fat ($P=0.02$), saturated ($P=0.006$) and monounsaturated fats ($P=0.01$), cholesterol ($P=0.009$), protein ($P=0.03$) and calcium ($P=0.02$), and increased the intake of carbohydrate ($P=0.006$), fiber ($P=0.002$), β -carotene ($P=0.01$), vitamin C ($P=0.003$), magnesium ($P=0.04$) and potassium ($P=0.002$).

CONCLUSIONS: An 18-week intervention program in a corporate setting reduces intake of total fat, saturated fat and cholesterol and increases the intake of protective nutrients, particularly fiber, β -carotene, vitamin C, magnesium and potassium. The reduction in calcium intake indicates the need for planning for this nutrient.

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