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Impact of nutritional interventions on food consumption pattern changes of workers and staff

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ABSTRACT

Background: Worksite Intervention Project from Isfahan Healthy Heart Program aiming at modifying life style of workers and staff in Isfahan and Najafabad (intervention areas), and Arak (reference area) carried out for 5 years. Nutritional interventions are one of the interventions of this project. This research aiming at studying the effect of these interventions on food consumption pattern changes carried out in workers and staff of Isfahan and Najafabad. Materials and Method: Food consumption pattern by food frequency questionnaire and demographic information of this group were collected before, after and annually during the intervention. Data were analyzed by General Linear Models (GLM), descriptive and trend analysis. Results: Beverage and hydrogenated oil consumption decreased and fruits and vegetables increased in workers and staff of intervention area more than reference area (p

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