

alimentar encontrada neste estudo esteve abaixo da média nacional encontrada nos anos de 2017-2018 e 2020. Porém quando estratificado para a média da população urbana, o valor encontrado nesse estudo foi superior ao valor encontrados em 2017-2018, porém menor do que o valor encontrado na zona urbana em 2020. Conclusão: Neste estudo encontrou-se uma taxa de IA maior do que a encontrada na zona urbana brasileiro durante os anos de 2017-2018, porém menor do que o percentual encontrado em 2020. Estar na linha da pobreza, ser beneficiária de programas governamentais, ter menos de quatro anos de estudo no ensino fundamental e anemia foram fatores que possuíam associação significativa ao desfecho de insegurança alimentar em gestantes de alto risco.

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ASSOCIATION BETWEEN WHOLE BLUEBERRY CONSUMPTION AND CHANGES IN OBESITY AND DIABETES MELLITUS RELATED-OUTCOMES: A SYSTEMATIC REVIEW

CATEGORIA DO TRABALHO: PESQUISA

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Background: The increased incidence of obesity brings a higher risk of developing multiple disease conditions, such as type 2 diabetes mellitus (T2DM), cardiovascular disease, different types of cancers, and poor mental health. An important link between obesity and its comorbidities, such as T2DM, is the excessive production of reactive oxygen species caused by the low-grade chronic inflammation that characterizes the obesity state. Increasing evidence has suggested that polyphenols and anthocyanins protect cells against oxidative damage and, therefore, reduce the risk of obesity and its associated disorders. **Objective:** To examine the effects of bilberries or blueberries consumption in parameters associated with obesity and its comorbidities, including evidence dietary intervention studies that used rodents or humans with metabolic syndrome (MetS), obesity or T2DM. **Methods:** A literature search was performed for all studies that evaluated associations of whole blueberries and bilberries with obesity and associated disorders, such as T2DM and MetS. **Results:** Thirty-nine studies were eligible for inclusion in this systematic review. Among them, 9 were clinical trials and 30 were performed in animal models. In clinical studies, the parameters that showed major changes after blueberry consumption were related to lipid profile, inflammation, endothelial function, and oxidative stress. In animals, studies have suggested that lipid profile, glucose metabolism, changes in adipocyte size, and/or expressions of adipokines, GLUT4, and leptin in adipose tissue are the main parameters affected by blueberry diet. The changes observed might be related to the high content of anthocyanins present in blueberries. Evidence has shown that anthocyanins could regulate the nuclear factor kappa B (NF- κ B) pathway and attenuate inflammation and oxidative stress within the monocytes. Also, blueberry components can increase PPARs activity, influencing not only lipid metabolism, but also inflammation, and insulin sensitivity. **Conclusion:** In this review, blueberries and bilberries seem to play a beneficial role on obesity, MetS and T2DM, mainly in inflammation and lipid profile. However, it is essential to perform new well-designed clinical trials and animal models to better understand the connection of blueberry anthocyanins and NF- κ B signaling pathway and PPARs; thus, overcoming the limitations in the existing literature regarding the potential clinical benefits of this fruit.

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PERFIL NUTRICIONAL DE PACIENTES INTERNADOS COM COVID-19 EM HOSPITAL PÚBLICO DE REFERÊNCIA: ANÁLISES DESCRITIVAS (NUTRICOVID)

CATEGORIA DO TRABALHO: PESQUISA

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INTRODUÇÃO: A infecção por SARS-CoV-2, apresenta um amplo espectro de sintomas com impacto negativo sobre o risco nutricional e, mais especificamente, sobre a ingestão alimentar. **OBJETIVO:** Descrever o perfil nutricional e dietético de pacientes internados com COVID-