

研究業績 英文表記

和文	
表題	女子大学生の起床後第1尿による尿中ナトリウム、カリウム排泄量推定値と個人内・個人間変動
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英文	
Title	Sodium and potassium urinary excretion levels of spot urine in female college students: individual and daily differences
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Abstract	<p>This study aimed to estimate the dietary intake of sodium (Na) and potassium (K) among female college students using 7 days of first-morning urine samples indicating Na and K excretion and determine how Na and K excretion can help prevent the early development of hypertension in young individuals. Furthermore, we assessed within-individual variation (CVw) and between-individual variation (CVb) in determining our results. A total of 109 participants were asked to obtain a spot urine sample early in the morning and then complete a salt check sheet (salt CS) . Of the 109 participants, the estimated urinary excretion of Na was 2,974±390mg/day (salt intake equivalent : 8.8±1.2g/day) (CVw : 17.2%, CVb : 13.1%) , of K was 1,129±141mg/day (K intake equivalent : 1,467±183mg/day) (CVw : 13.3%, CVb : 12.4%) , and the Na/K ratio was 4.6±0.8 (CVw : 18.7%, CVb : 16.4%) . We compared these results with recommendations made by with the Dietary Reference Intakes (DRIs) for Japanese (2015) . Our results showed that all participants consumed only 7.3% of the participants (n=8) achieved the Japanese DRIs for Na and none of the participants achieved the DRIs for K. The Na excretion results among the students correlate with dietary factors affecting Na excretion, such as the seven items with high salt content mentioned in the salt CS, including miso soup and pickles (r=0.190, p=0.047) . In conclusion, among female college students, urinary Na excretion was high, indicating a high consumption of salty foods, while low values were found for K excretion, CVw and CVb.</p>
keyword	salt intake, urinary excretion, coefficient of variation, salt check sheet, prevents hypertension

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