

Management of nicotine induced anorexia with food cravings

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A retrospective observational study was conducted on 50 adult male smokers and 50 Non-smokers to study the food cravings for the management of nicotine induced anorexia in current smokers. Results of the study showed strong correlation between smoking and food and tobacco cravings. The average daily dietary intake of subjects was significantly less in non-smokers. Flesh foods were consumed more by smokers (69% adequacy) as compared to non-smokers (64% adequacy). Vegetables were consumed significantly high by non-smokers (78% adequacy) than smokers (46.90 % adequacy). Oils and Fats were consumed more by smokers (86% adequacy) as compared to non-smokers (79% adequacy). Thus as predicted a significant difference was found in food cravings where smokers were found to crave more for Tea (48%), meat (54%), salty snacks (40%), dairy fats (24%) and flesh foods (27%). It was also found that smokers craved more for salty taste (50%) while non smokers craved more for sweet taste (54%). Outcome of the study revealed that North Indian, Non-vegetarian, urban smokers had strong food cravings for specific food items and snacks in spite of significant appetite loss due to Nicotine Induced Anorexia.

Key Words : Retrospective observational study, Tobacco smoking, Nicotine induced anorexia (NIA), Food cravings

How to cite this article : Umair, Syed Mohammad, Javed, Shaziya and Kapoor, Deeksha (2018). Management of nicotine induced anorexia with food cravings. *Food Sci. Res. J.*, **9**(1): 71-78, DOI : 10.15740/HAS/FSRJ/9.1/71-78.

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