



## Influence of diet intake on liver function test

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### Abstract

**AIM:** To study whether dietary intake influences liver function test.

**METHODS:** Blood samples were obtained from patients liver diseases ( $n = 100$ ) and controls (without liver diseases;  $n = 100$ ) first at 07: 00 in the morning (fasting state) and then 2 h after a meal (fed state). The Hitachi-7150 automatic biochemistry analyzer was used to assess the following liver function indexes: Serum bilirubin, thymol turbidity test, alanine aminotransferase, aspartate

aminotransferase, alkaline phosphatase, lactate dehydrogenase, gamma glutamyl transferase, SP, A and G. Statistical significance of differences between inter-group values was determined using SAS software.

**RESULTS:** None of the indexes showed statistically significant differences between the fasting state and the fed state ( $P = 0.476-0.978$ ).

**CONCLUSION:** Liver function test can be performed after a meal.

**Key words:** Dietary proteins; Dietary fats; Liver function tests

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