

Influence of diet intake on liver function test

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Received: November 24, 1996
Revised: January 6, 1997
Accepted: April 28, 1997
Published online: December 15, 1997

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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Cheng SQ, Zhang JF, Zhang ZF, Qian MY, Guo XL, Shang WZ, Li DJ. Influence of diet intake on liver function test. *World J Gastroenterol* 1997; 3(4): 250 Available from: URL: <http://www.wjgnet.com/1007-9327/full/v3/i4/250.htm> DOI: <http://dx.doi.org/10.3748/wjg.v3.i4.250>

L- Editor: Filipodia E- Editor: Liu WX



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ISSN 1007 - 9327

