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FRUCTOSE INTAKE AND RISK OF METABOLIC SYNDROME IN LEBANESE ADULTS: A CROSS SECTIONAL STUDY

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A thesis submitted in partial fulfillment of the requirements for the degree of Master of Sciences to the Department of Nutrition and Food Sciences of the Faculty of Agricultural and Food Sciences at the American University of Beirut

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AMERICAN UNIVERSITY OF BEIRUT

FRUCTOSE INTAKE AND RISK OF METABOLIC SYNDROME IN LEBANESE ADULTS: A CROSS SECTIONAL STUDY

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To my life-coach, my brother Joey Aoun: because I owe it all to you. I can't thank you enough!

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AN ABSTRACT OF THE THESIS OF

<u>Rita Rony Aoun</u> for <u>Master of Science</u> <u>Major:</u> Nutrition

Title : <u>Fructose intake and risk of Metabolic Syndrome in Lebanese adults: a cross-</u> sectional study

The parallelism between the increase in the consumption of fructose and the rise in obesity and metabolic syndrome (MetS) over the past 20 years, proposed excessive fructose intake as one of the potential causes for metabolic abnormalities. The evidence, however, remains inconclusive. The objectives of this study were to (1) assess dietary intake of fructose in a sample of Lebanese urban adults and (2) investigate the association of total, added and natural fructose intakes with MetS and its components.

This cross-sectional population-based study was conducted on 283 participants \geq 18 years old with no prior history of chronic disease. Using standardized techniques, anthropometric and biochemical data were collected. Dietary intake was assessed by trained dietitians using a culture-specific 82-items semi-quantitative FFQ. Natural fructose intake (g/day) from fruits and vegetables was determined using NutriPro software. Added fructose intake was estimated to be 50% of added sugars in food products. Total dietary fructose intake was calculated by summing up natural and added fructose intakes.

Mean intake of total dietary fructose was 51.42 ± 35.54 g/day, which represents 6.58 ± 3.71 % of the total energy intakes. Natural and added fructose intakes were estimated at 12.29 ± 8.57 and 39.12 ± 34.10 g/day (1.78 ± 1.41 % and 4.80 ± 3.56 %), respectively. Compared with those in the lowest quartile of fructose intakes, participants in the highest quartile of total and added fructose intake, had respectively 2.450 (95% CI 1.047- 5.734) and 2.609 (95% CI 1.081- 6.298) higher risk of MetS, after adjustment for confounding variables. In contrast, natural fructose intake was not associated with MetS in the study sample. When examining each abnormality alone (hypertension, hyperglycemia, dyslipidemia), no significant association was found with fructose intake, even after adjustment for potential confounders.

A high fructose consumption was observed among Lebanese urban adults. The observed positive association between high fructose intake and the risk of MetS highlights the need for immediate public health strategies aimed at limiting sugar intake from industrialized foods and promoting healthier dietary patterns in Lebanon.

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ABBREVIATIONS

MetS: *Metabolic syndrome*

HTN: Hypertension

IDF: International Diabetes Federation

CHO: Carbohydrate

HFCS: High Fructose Corn Syrup

CVD: Cardiovascular Disease

T2DM: Type 2 Diabetes Mellitus

WHO: World Health Organization

IGT: Impaired glucose tolerance

EGIR: European Group for the Study of Insulin Resistance

NCEP ATP III: National Cholesterol Education Program Adult Treatment Panel III

WC: Waist circumference

VF: Visceral fat

AHA/NHLBI: American Heart Association/National Heart, Lung, and Blood

Institute

NCDs: Non-communicable diseases

NHANES: National Health and Nutrition Examination Survey

FFA: Free fatty acids

TNF-α: Tumour Necrosis Factor alpha

IL: Interleukin

PA: *Physical activity*

SSBs: Sugar sweetened beverages

SFA: Saturated fatty acids

BP: Blood pressure

HDL: High density lipoproteins

LDL: Low density lipoprotein

TG: Triglycerides

DNL: De novo lipogenesis

VLDL: Very low density lipoprotein

SREBP-1c: Sterol Receptor Element–Binding Protein-1c

CHREBP: Carbohydrate responsive element binding protein

LPL: Lipoprotein lipase

DAG: *Diacylglycerol*

NO: Nitric oxide

VAT: Visceral adipose tissue

SAT: Subcutaneous adipose tissue

SNS: Sympathetic Nervous System

BPA: Bisphenol A

AUB: American University of Beirut

NFSC: Department of Nutrition and Food Sciences

FFQ: Food frequency questionnaire

EI: Energy intake

Q4: Quartile 4

NCDs: Non-communicable diseases

To my beloved parents

CHAPTER I INTRODUCTION

Metabolic syndrome (MetS), is a cluster of cardiometabolic risk factors, that contributes to type 2 diabetes and CVD (Xu et al., 2018; Grundy et al. 2004; Mottillo et al., 2010) . The criteria components include hypertension (HTN), atherogenic dyslipidemia, hyperglycemia and central adiposity (Alberti et al., 2009; Kaur, 2014). Worldwide, MetS prevalence have continued to grow to the point of becoming a primary public health concern. According to the International Diabetes Federation (IDF), approximately 25% of the world's population has been diagnosed with this syndrome (O'Neill et al., 2015) with high rates being reported in the Middle East countries, including Lebanon (Sibai et al., 2008; Naja et al., 2013).

Pathogenesis of MetS involves various complex interactions between genetic and environmental factors (Kaur, 2014). Many contributors have been proposed, with the diet being a major one. Indeed, several reviews have concluded that individual nutrients or food items were associated with increased risk of MetS (Malik et al., 2010; Baudrand et al., 2014; Cheng et al., 2017). The relationship between fructose intake and MetS in individuals is a current debate among researchers. In the last three decades, the rising level of fructose consumption in industrialized nations have paralleled the rise in MetS and obesity (Hu and Malik, 2010; Rippe, 2010), and epidemiologic studies have inconsistently linked these observations. Several studies have reached the conclusion that excessive intake of fructose was associated with increased adverse metabolic effects (Hu and Malik, 2010; Stanhope and Havel, 2008; Stanhope and Havel, 2010) , while others showed no association (Dolan et al., 2010; Jones, 2009; Tappy and Le, 2010; Tappy et al., 2010). Fructose, the sweetest tasting carbohydrate (CHO), is consumed in significant amounts in humans' diets (Miller and Adeli, 2008). Fructose occurs naturally in fresh fruits, vegetables and honey and recently, has been widely used in industrialized foods [as sucrose or High Fructose Corn Syrup (HFCS)]. Fructose has become a major public health concern, painted as toxin in scientific publications mainly due to its lipogenic and low satiating effect (Rizkalla, 2010) (Lustig et al., 2012). However, there is no fully relevant data presented to establish a direct association between current amounts of dietary fructose and features of MetS (Rizkalla, 2010) (Feinman & Fine 2013).

Considering the lack of data on dietary fructose intake in Lebanese adults, the present study has two main objectives. First, it aims at assessing dietary fructose intake of Lebanese adults living in Beirut and estimate their added fructose intake. Second, the study aims at investigating the association of total and added fructose consumption with MetS and its components; abdominal obesity, fasting blood lipid levels, fasting glycemia and BP among Lebanese adults living in Beirut.

CHAPTER II LITERATURE REVIEW

A. The Metabolic Syndrome

1. Historical perspectives and concept evolution¹

The MetS concept saw the light in 1920, when a Swedish physician, Kylin, described the coexistence of the various components of the syndrome resulting in a triad of metabolic disorders 'hypertension-hyperglycaemia-hyperuricaemia" (Sarafidis and Nilsson, 2006). Later, in 1947, Vague described the association between android obesity and the development of the metabolic abnormalities found in cardiovascular disease (CVD) and Type 2 diabetes mellitus (T2DM) (Sarafidis and Nilsson, 2006). Following this, in the mid-1960s, the MetS became an important concept in the scientific research field. Several scientists worldwide published their observations on this condition at that time giving it various names. After several years of research, in 1988, Reaven introduced the concept of insulin resistance as the main contributor for this group of disorder, consisting of lipid abnormalities, HTN, and impaired glucose tolerance. Reaven named the sum of these disorders as "Syndrome X." A year later, Kaplan added a significant abnormality to the disorders described by Reaven, which is central obesity. He renamed this cluster "the deadly quarter" consisting of central obesity, lipid abnormalities, HTN and impaired glucose tolerance (Kaur, 2014). However, in 1992, several scientists renamed the syndrome "The Insulin Resistance Syndrome," believing that insulin resistance is the main contributor for the remaining disorders (Kaur, 2014). Finally, the name "Metabolic syndrome" has gained international acceptance in the past two decades. Ever since, the diagnostic criteria for the Mets remained a subject of interest for many researchers (see figure 1).

¹. see Appendix I for the overall Literature review mind map diagram

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Figure 1 Historical timeline and concept evolution of MetS

2. Various definitions of metabolic syndrome

The MetS, is the presence of a cluster of metabolic risk factors for CVD and diabetes (Alberti et al., 2009). Over the years, many definitions have been proposed for MetS with each one of them providing different diagnostic criteria. The first definition of MetS was formulated in 1998 by the World Health Organization (WHO) (Alberti and Zimmet, 1998). According to the WHO definition, insulin resistance (impaired glucose tolerance (IGT) or T2DM) is one of the major underlying risk factors to MetS (Alberti, Zimmet, & Shaw, 2005). In addition to insulin resistance, at least two other factors should be present for the diagnosis of MetS to be made (see table 1). In 1999, the European Group for the Study of Insulin Resistance (EGIR) proposed a modified version to the WHO definition (Balkau and Charles, 1999). EGIR definition placed greater emphasis on central obesity and in contrast to WHO excluded all the patients with T2DM. The EGIR underlined hyperinsulinemia (plasma insulin more than 75 percentile) as the major contributor to MetS and required evidence of hyperinsulinemia for diagnosis. Both WHO and EGIR definitions required insulin resistance determined by an oral glucose tolerance test and hyper-insulinemic-euglycemic clamp. However these measurements were not practical for physicians and are primarily used in a research environment (Ritchie SA

and Connell JMC, 2007). In 2001, a more straightforward definition was announced by the National Cholesterol Education Program Adult Treatment Panel III (NCEP ATP III) (Cleeman et al., 2001). The NCEP ATP III was not "glucose-centric", thus insulin resistance was not required for the diagnosis of MetS to be made. Moreover, it clearly stated that pro-inflammatory state and prothrombotic state are not among the criteria mandatory for the determination of MetS. Importantly, the NCEP ATP III definition used the waist circumference (WC) as the measure of central obesity instead of the waist to hip ratio used in the WHO definition. In contrast, to WHO and EGIR, the ATPIII definition facilitated diagnosis in clinical practice since it uses measurements and laboratory results more practical and applicable for physicians (Ritchie SA and Connell JMC, 2007). The various definitions of MetS has led to significant confusion. Therefore, in 2005 the IDF released a global consensus for a more practical definition of the MetS (Zimmet et al., 2005). The IDF made central obesity an essential component required in the diagnosis. Indeed, visceral fat (VF) accumulation in both genders has been demonstrated to have a strong association with various metabolic risk factors such as HTN, impaired blood glucose and lipid metabolism (Zimmet et al., 2005). Importantly, IDF have placed emphasis on developing criteria that would be applicable across all the ethnicities. Since different ethnicities have different distributions of norms for central obesity, IDF has proposed a new set of criteria that includes WC cutoffs specific by gender and ethnicity (Zimmet et al., 2005). In 2009, the IDF and the American Heart Association/National Heart, Lung, and Blood Institute (AHA/NHLBI) attempted to resolve the remaining differences between definitions and settled a harmonized description of the MetS (Alberti et al., 2009). The IDF and AHA agreed on the criteria for the clinical diagnosis of the MetS characterized by the presence of at least 3 of 5 risk factors as shown in Table 1.

	WHO (1998)	EGIR (1999)	NCEP ATP III (2001)	IDF (2005)	Harmonized (2009)
Absolutely required	Insulin resistance (IGT, T2DM or other evidence of IR)	Hyperinsulinemia (plasma insulin more than 75 percentile)	None	Central obesity- Elevated WC * ethnicity specific	None
Criteria	Insulin resistance plus ≥ 2 of the following	Hyperinsulinemia plus ≥ 2 of the following	\geq 3 of the following	Central obesity plus ≥ 2 of the following	Any 3 of the following
Fasting blood glucose	Already required (IGT, IFG or T2DM)	≥ 110 mg/dl but nondiabetic	≥ 110 mg/dl including diabetic	≥ 100 mg/dl or previously diagnosed type 2 diabetes	≥ 100 mg/dl or previously diagnosed type 2 diabetes
Blood pressure	≥ 140/90 mm Hg	\geq 140/90 mm Hg Or on treatment	≥ 130 mmHg systolic or ≥ 85 mmHg diastolic	≥ 130 mmHg systolic or ≥ 85 mmHg diastolic Or treatment	≥ 130 mmHg systolic or ≥ 85 mmHg diastolic Or treatment
Triglycerides	\geq 150 mg/dl	≥ 150 mg/dl Or treatment	\geq 150 mg/dl	≥ 150 mg/dl Or treatment	≥ 150 mg/dl Or treatment
HDL cholesterol	Men: < 35 mg/dl Women < 39 mg/dl	< 39 mg/dl in men or women Or treatment	Men: < 40 mg/dl Women < 50 mg/dl	Men: < 40 mg/dl Women < 50 mg/dl Or treatment	Men: < 40 mg/dl Women < 50 mg/dl Or treatment
Obesity	Men: WHR > 0.9 Women: WHR > 0.85 And/or BMI > 30 kg/m	Men: WC \geq 94 cm Women: WC \geq 80 cm	Men: WC > 102 cm Women: WC > 88 cm	Men: WC \geq 94 cm Women: WC \geq 80 cm	Elevated WC ethnicity and population specific
Other criteria	Microalbuminuria ***				
Criteria evaluation (Diagnostic limit or criticism of the criteria)	Microalbuminuria only included in this definition and considered by some to be controversial. In clinical practice or in epidemiological studies it is hard to determine IR that is measured by clamp techniques. The WHR may not be relevant index of the absolute amount of visceral fat.	Small differences from the WHO definition, thus it did not meet wide international use.	Did not include a measure of IR as a component, thus it is easier to be used in clinical practice. Includes WC as the measure of obesity which is a better index for abdominal obesity. However, it has unified criteria for different ethnic groups.	Places central obesity as the main criteria Proposed a new set of criteria with ethnic/racial specific cut-offs for WC	Obesity and IR are not pre- requisites for diagnosis The risk for MetS with a specific WC will differ in various ethnicities

Table 1 Various definitions of MetS and criteria evaluation

EGIR, European Group for the Study of Insulin Resistance; HDL, high-density lipoprotein; IDF, International Diabetes Federation; MetS, metabolic syndrome; NCEP:ATPIII, National Cholesterol Education Program – Third Adult Treatment Panel; T2DM, type 2 diabetes mellitus; WC, waist circumference; WHR, waist to hip ratio; WHO, World Health Organization; IR, insulin resistance; BMI, body mass index; * If BMI > 30 kg/m2 then central obesity can be assumed, and waist circumference does not need to be measured.

** Waist circumference are specific for each population; values given are for European men and women.

*** Microalbumineria: Urinary excretion rate of >20 mg/min or albumin: creatinine ratio of >30 mg/g.

3. The Global Epidemic of the Metabolic Syndrome

The disease pattern worldwide has changed significantly over the past 40 years. Non-communicable diseases (NCDs) have replaced infectious diseases and have become the primary cause of mortality and morbidity worldwide (Saklayen, 2018). According to the WHO, NCDs cause 70 % of all annual death worldwide (around 40 million people die per year due to NCDs) (WHO, 2018). The MetS is recognized as a major risk factor to several NCDs. Worldwide MetS prevalence ranges from <10% to as much as 84%, depending on gender, age, ethnicity of the population studied the region, and the criteria used for the definition of MetS (Desroches et al., 2007; Kolovou et al., 2007). In fact, the prevalence of MetS is estimated to be higher when using the IDF and the harmonized definition since they suggest lower thresholds for central obesity (Brown et al., 2010). Based on the IDF, 25% of the world's population has been diagnosed with MetS (O'Neill et al., 2015).

Of concern is the observed increasing trend of MetS globally. According to the data from National Health and Nutrition Examination Survey (NHANES), the age adjusted prevalence of MetS increased from 26.7% in 1999-2000 to 32.9 % in 2003-2004 and has reached 34.7% in 2011-2012 in U.S. adults based on the ATP III criteria (Ford et al., 2004) (Aguilar et al., 2015). The pandemic of MetS has been as well increasing in most Asia Pacific region. A secular increase in prevalence is observed in China, Taiwan and South korea. According to the Korean National Health and Nutrition Examination Survey (KNHANES), the prevalence of MetS in Korea increased by 6.4 % in 9 years (from 1998 to 2007) using the ATP III criteria (Lim et al., 2011). In China, a significant increase in the prevalence of MetS, from 13.7% in 2000-2001 to 21.3% in 2009, was also reported (Xi et al., 2009). A similar result was observed in Taiwan (Yeh et al., 2011).

Furthermore, high rates of MetS were reported in the Middle East countries. According to a meta-analysis of 59 cross-sectional studies, prevalence of MetS was shown to be high in Turkey, Saudi Arabia, Pakistan, Qatar, Emirates and Iran with

a pooled estimate of 25% (Ansarimoghaddam et al.,2017). Recent studies have also suggested high rates of MetS in Lebanon. According to a cross-sectional survey conducted by Naja et al. in 2013, 34.7% out of 323 Lebanese participants were diagnosed as having MetS, using IDF criteria. Similar findings were also noted in a study conducted by Sibai et al. (2008) where a prevalence of 31.2 % was observed amongst Lebanese adults aged 18-65 years old recruited from health care centers. In the letter, Sibai also relied on the IDF definition (Sibai et al., 2008).

4. Etiology of metabolic syndrome

Obesity and MetS

Over the past three decades, the prevalence of overweight and obesity has dramatically increased worldwide in developed and underdeveloped countries. Indeed, over a third of the world's population today is obese or overweight (Ng M et al., 2014). If such trends continue linearly, by 2030, 58% of the world's adult population will be either obese or overweight (Kely et al., 2008). Prevalence of obesity has increased significantly across several countries around the world mainly United States of America (USA), United Kingdome (UK) and Australia (Ng M et al., 2014). An identical trend was also seen in Lebanon. Indeed, Nasreddine et al. reported an increase in the prevalence of overweight and obesity from 54.4 % to 65% over the past decade in Lebanon (1997 and 2009) (Nasreddine et al., 2012). The observed increase in obesity could be explained by the dramatic change in people's way of eating and activity patterns (Popkin et al., 2012). This alarming increase in obesity prevalence represents a major public health concern since it is considered to be a major risk factor for the development of MetS. Indeed, the development of MetS depends on two features: accumulation of body fat and predisposition to locate this fat intra-abdominally (Han & Lean 2016). Hypotheses relating obesity to the MetS focus on the understanding that visceral adipose tissue secretes a range of

adipocytokines such as free fatty acids (FFA), tumor Necrosis Factor alpha (TNF- α) and interleukin (IL) which are factors that impairs insulin action and increases metabolic disorders (Alberti et al., 2006). Furthermore, excessive VF is associated with a decreased production of adiponectin which has been shown to have antidiabetic and anti-inflammatory functions (Alberti et al., 2006).

Physical activity and metabolic syndrome

Various studies have demonstrated that physical inactivity and sedentary behaviors are risk factors for developing MetS. The association of sedentary behaviors with MetS is positively related, independent of physical activity level. Indeed, a study conducted on 1,367 men and women, who participated in the 2003– 2006 NHANES found that people with MetS spent a higher percentage of their time as sedentary compared to people without MetS (67.3 vs. 62.2%) (Bankoski et al., 2011). Moreover, it has consistently been shown that there is an inverse association between physical inactivity and MetS. Studies reported a greater occurrence of MetS in groups with a low level of physical activity (PA) (Kwang-Jun Ko at al., 2016).

Diet and metabolic syndrome

With the nutrition transition and the adoption of westernized diet major dietary shifts have occurred in most countries. Although Western diet has various definitions, it is often characterized by high consumption of sugar sweetened beverages (SSBs), refined grains, red and processed meat, with concurrently low intake of whole grain, fruits and vegetables (Wirfalt et al., 2013). Many recent studies have shown a positive association between Western dietary pattern and cardiometabolic abnormalities (Drake et al., 2018) (Rodríguez-Monforte et al., 2017). Moreover, another dietary pattern the fast food/dessert pattern that resembles the Western pattern is also reported to be positively associated with MetS in a sample of Lebanese adults (Naja et al., 2013).

Western dietary pattern are typically high in saturated fatty acids (SFA). Various studies have demonstrated positive association between high SFA intake and metabolic factors constitutes of the MetS such as elevated central obesity, elevated fasting glucose concentration and reduced insulin sensitivity (Noel et al., 2010) (Poledne, 2013) (Oliveria Junior et al., 2013). The effects of SFA on inducing the MetS could be partly explained by its effect on insulin resistance and inflammation markers (Nourmohammdi et al., 2015).

Another modifiable factor for MetS is sodium intake. According to a study conducted by Oh et al., 2015 a strong association was shown between high sodium intake and all the components of MetS. A positive association has been reported between sodium intake and blood pressure (BP), central obesity, fasting glucose, and triglycerides (TG) levels and an inverse association between sodium intake and high density lipoproteins (HDL) levels (Oh et al., 2015).

Over the last 40 years, soft drinks consumption has increased substantially (Basu et al., 2013). A systematic review and meta-analysis by Narain et al. in 2017, was performed to evaluate the association of soft drink consumption with the development of MetS. The results of this review suggested that soft drink consumption is positively associated with development of MetS (Narain et al., 2017). SSB consumption leads to a high caloric intake which results in a positive energy balance. Weight gain contributed by these soft drinks has been demonstrated to be a primary trigger for MetS (Malik et al., 2010). Moreover, SSBs may increase the risk of MetS because of their high content of sucrose and HFCS (Malik et al., 2010). Different factors explained in further details in section C.2 may explain this association.

B. Fructose

1. Sugar history

Sugar has always been present in the human diet since the origin of man. It was consumed as a component of wild fruits, vegetables and on occasion in wild honey and it constituted of glucose, fructose, and sucrose.

Sugar consumption became more popular when sugar cane was cultivated which is a high source of sucrose. Sugarcane was firstly domesticated about 8,000 years ago by the indigenous people in New Guinea, then it was gradually spread to India, Southeast Asia, and China (White, 2014). During the Golden age of India year 350 AD granulated sugar crystals were developed and have become a major trade item (White, 2014). In the middle age, it was imported to Europe and North America, where it was considered a luxury product and only consumed by royalty and very wealthy people. However, in 1500 with the discovery of America, sugar production began to expand. Its consumption increased rapidly worldwide, and it was no longer a luxury product. In 1800, sugar became widely used in processed food, beverages, and confection; it became a food necessity (White, 2014). Indeed, in England, the average consumption per capita of sugar increased from 1.8 Kgs in 1700 to 8.1 Kgs in 1800 (Johnson et al., 2007). Sugar consumption continued to grow in 1900, and its use became commonplace around the world. Finally, it was only in the 1960s that an additional sweetener, HFCS, was introduced in the United States (Vuilleumier, 1993). HFCS is a mixture of fructose and glucose with various fructose-to-glucose ratios. Due to its organoleptic properties, low cost and ability to confer a long shelf life it has been added to various manufactured food products and its consumption has increased at the expense of sucrose (Tappy et al., 2010).



Figure 2 Historical timeline and concept evolution of sugar

2. Evolution of fructose consumption

According to United States Department of Agriculture (USDA), sucrose intake in the U.S. has declined by almost 50% (90g/day to 50g/day) between 1970 and 1985 (Tappy et al., 2010). This decrease in sucrose was countered with a sharp increase in HFCS. Based on the analysis of food dietary records obtained in USDA Nationwide Food Consumption Survey in 1977–78, the mean fructose intake for the United States population was 37 g/day in 1977–78 (Park et al., 1993). Evolution of fructose intake between 1977 and the 1990s was assessed by the third National Health and Nutrition Examination Survey, performed in 1988 –94 (NHANES III) (Vos et al., 2008). Investigators found that over a 10- to 16-year period, fructose consumption had increased by 46%. The average daily fructose intake jumped from 37g/day (which represent 8% of total energy intake) in 1977-1978 to 54.7 g/day (which represent 10.2% of total energy intake) in 1988 –94. Data collected from the NHANES 1999–2004 study reported a recent estimation of average fructose intake of 49 g/day (Marriot et al., 2009). Moreover, it stated that HFCS consumption has accounted for 42% of total caloric sweetener consumption in 1999-2004 versus 16% in 1977–1978. A cross-sectional study of U.S. participants conducted by Welsh et al. in 2008 reported a slight decrease in fructose consumption between 1999-2000 and 2007-2008 (Welsh et al., 2011). However, despite this minor reduction added sugar and fructose consumption are still considered to be high.

3. Fructose Metabolism

Fructose absorption

Ingested fructose is absorbed from the gut through a specific fructose transporter GLUT 5 expressed mainly in enterocytes (Burant et al., 1992). Contrary to glucose, fructose absorption is passive, does not require ATP hydrolysis and is not sodium dependent. However, compared with glucose, the intestinal capacity to absorb fructose is limited. In fact, an adult can absorb between 5 to 50g of fructose per day (Rumessen et al., 1986). Several factors are reported to affect this capacity such as age, diet, specifically the presence of glucose, and overall health. After fructose loading, unabsorbed fructose may contribute to gastrointestinal symptoms such as diarrhea and flatulence (Rumessen et al., 1992).

Intermediary fructose metabolism

Once inside the enterocyte, fructose is released into the portal circulation through GLUT 2 at the basolateral membrane of the enterocytes (Corpe et al., 1999). The majority of the fructose present in blood is extracted by the liver resulting in only small amounts of fructose in circulation. Thus, fructose concentration in the blood is about 0.01 mmol/L, unlike glucose concentration which is about 5.5 mmol/L (Bray et al., 2007). Although fructose metabolism occurs primarily in the liver, enterocytes can metabolize up to 30% of it (Mavrias et al., 1973).

Hepatic metabolism

Fructose uptake by hepatocytes occurs via the glucose transporter GLUT2. Its metabolism differs from that of glucose as illustrated in Figure 3. Fructose is rapidly metabolized by the enzyme fructokinase (also known as ketohexokinase) into fructose 1 phosphate (Kolderup & Svihus, 2015). However, this first step is unregulated since there is no feedback mechanism regulating the phosphorylation

of fructose. The fructokinase enzyme is in fact not inhibited by energy status (ATP and citrate levels) (Samuel, 2011). Fructose 1 phosphate is metabolized into dihydroxyacetone phosphate (DHAP) and glyceraldehyde 3-phosphate (G3P) through the action of aldolase B. These fructose derived metabolites enter the glycolytic cycle bypassing phosphofructokinase, the main controlling step in glycolysis. Thus, the liver will metabolize dietary fructose in an unregulated manner, resulting in large amounts of trioses phosphate in hepatocytes. These latter can enter 3 different metabolic pathways in the liver: gluconeogenesis, lactic acid production or de novo lipogenesis (DNL) (Tappy et al., 2010). Fructose continuously entering the glycolytic pathway will result in excess energy flux and unregulated amounts of TCA intermediates which will lead to fatty acid synthesis (Softic et al., 2016).



Figure 3 Metabolism of fructose and glucose in the liver.

Adapted from Rippe, J. M., & Angelopoulos, T. J. (2013). Sucrose, high-fructose corn syrup, and fructose, their metabolism and potential health effects: what do we really know?. Advances in nutrition (Bethesda, Md.), 4(2), 236–245.

4. Is fructose a concern ?

Fructose is a monosaccharide that has been part of the human diet for many years. Recently, it has received a lot of attention and has been claimed to be of public health concern.

First, in the 1980s, HFCS has primarily replaced sucrose in SSBs. Over the past 40 years, the intake of HFCS especially from SSB has risen across the globe. Indeed, in the US, the per capita consumption of SSBs between the late 1970s and 2006 have increased by two fold from 64.4 kcal/d to 141.7 kcal/d (Popkin, 2010). Similar patterns have been shown in many developing countries such as China and India where the volume of carbonated drinks sold increased by 14 and 18% respectively (Bray, 2007). Time trend data have shown an obesity epidemic in parallel with rising levels of HFCS consumption (Hu and Malik, 2010) (Rippe, 2010). Data to support this temporal association were illustrated in a graphic form (Figure 4). However, over the last 10 years SSB consumption has decreased whereas obesity rates are still increasing, thus questioning this association (Van et al., 2014).



Figure 4 Temporal association between increased consumption of high-fructose corn syrup (HFCS) and prevalence of obesity.

Adapted from Rippe JM. (2010). The health implications of sucrose, high fructose corn syrup, and fructose: What do we really know? J Diabetes Technol. 4 Issue 4

Second, many researchers argued that the metabolism of dietary fructose has been shown to increase the likelihood of obesity, diabetes, CVD and MetS (Rippe, 2010) (Olsen and Heitmann, 2009) (Malik et al., 2010). Several studies have demonstrated that the ingestion of large quantities of fructose activates lipogenesis, induces insulin resistance and are associated with higher odds of HTN (Herman et al., 2016) (Hannou et al., 2018) (Jalal et al., 2010). Moreover, fructose metabolism stimulates uric acid production leading to hyperuricemia (Caliceti et al., 2017). This latter is suggested to be an independent risk factor for many pathological conditions such as chronic kidney disease, MetS and CVD (Borghi, 2015). However, in many studies the association between sugar intake and cardiometabolic risk factors lost significance when the analysis was adjusted for body weight (Forshee et al., 2008) (De Koning et al., 2011). This suggests that obesity may be responsible for the development of these cardiometabolic factors rather than sugar intake. Furthermore, the metabolic effects of fructose found in normal human diets contradict the effects observed in human and animal trials, where they have used unrealistically high amounts of pure fructose (Van et al., 2014). Therefore, more research is needed to better understand the metabolic effects of fructose.

C. Fructose and metabolic syndrome

1. Previous studies investigating fructose and metabolic syndrome

(see table 2 in the following page).

CHAPTER II LITERATURE REVIEW

A. The Metabolic Syndrome

1. Historical perspectives and concept evolution¹

The MetS concept saw the light in 1920, when a Swedish physician, Kylin, described the coexistence of the various components of the syndrome resulting in a triad of metabolic disorders 'hypertension-hyperglycaemia-hyperuricaemia" (Sarafidis and Nilsson, 2006). Later, in 1947, Vague described the association between android obesity and the development of the metabolic abnormalities found in cardiovascular disease (CVD) and Type 2 diabetes mellitus (T2DM) (Sarafidis and Nilsson, 2006). Following this, in the mid-1960s, the MetS became an important concept in the scientific research field. Several scientists worldwide published their observations on this condition at that time giving it various names. After several years of research, in 1988, Reaven introduced the concept of insulin resistance as the main contributor for this group of disorder, consisting of lipid abnormalities, HTN, and impaired glucose tolerance. Reaven named the sum of these disorders as "Syndrome X." A year later, Kaplan added a significant abnormality to the disorders described by Reaven, which is central obesity. He renamed this cluster "the deadly quarter" consisting of central obesity, lipid abnormalities, HTN and impaired glucose tolerance (Kaur, 2014). However, in 1992, several scientists renamed the syndrome "The Insulin Resistance Syndrome," believing that insulin resistance is the main contributor for the remaining disorders (Kaur, 2014). Finally, the name "Metabolic syndrome" has gained international acceptance in the past two decades. Ever since, the diagnostic criteria for the Mets remained a subject of interest for many researchers (see figure 1).

¹. see Appendix I for the overall Literature review mind map diagram

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2. Mechanisms linking fructose to metabolic syndrome

Effects of fructose on lipid metabolism

The earliest metabolic perturbation associated with a single load of fructose is postprandial hypertriglyceridemia (Stanhope & Havel, 2008). According to a metaanalysis and systematic review of 14 controlled feeding trials, the rise in postprandial TG occurs only in hypercaloric trials, where fructose intake provides additional calories and is at high doses around 175 g/day. However, fructose in iso-caloric exchange with other CHO was not found to lead to hypertriglyceridemia (Wang et al., 2014). Similar results were reported in another meta-analysis, where adverse effects on lipids were only shown when fructose intake increased energy intake by 21 to 35% (Chiavaroli et al., 2015). Hypertriglyceridemia can be the result of increased DNL, enhanced very low density lipoprotein (VLDL) synthesis, reduced clearance of TG and decreased VLDL catabolism.

Hepatic DNL induced by high intake of fructose leads to a significant increase in plasma TG. Unregulated hepatic metabolism of fructose leads to accumulation of pyruvate and acetyl CoA resulting in an increased conversion of acetyl CoA into fatty acids (Softic et al., 2016) (Rosset et al., 2016). Furthermore, fructose upregulates the lipogenic transcriptional factor Sterol Receptor Element– Binding Protein-1c (SREBP-1c) independently of insulin and carbohydrate responsive element binding protein (ChREBP), stimulating the conversion of acetyl CoA into TG (Carvalho et al., 2018) (Rosset et al., 2016). Thus, fructose contributes to DNL both by providing metabolites for FA synthesis and by increasing the transcriptional regulation of DNL (Figure 5). DNL, in turn, enhances VLDL production which results in the atherogenic lipid triad: low HDL (High clearance by the kidney), elevated TG and increased small dense LDL levels (Malik et al., 2010). Another route by which fructose promotes hypertriglyceridemia is by decreasing VLDL catabolism. The activity of lipoprotein lipase (LPL) that is responsible for VLDL hydrolyzes is

upregulated by insulin. Reduced activation of this enzyme secondary to low insulin activation after fructose intake, results in a decreased plasma TG clearance (Chong et al., 2007) (Hannou et al., 2018). The consequences of fructose metabolism are illustrated in figure 3.

Effects of fructose on glucose homeostasis

It has been known for several years that fructose has a lower glycemic index than glucose. Therefore, it will increase blood glucose and insulin levels less than isocaloric amounts of glucose (Teff, Elliott, Tschöp, et al., 2004). This lower glycemic and insulin responses have a positive effect on glucose homeostasis and glycemic control (Sievenpiper et al., 2014). However, it is also reported that high fructose administration may affect glucose homeostasis negatively by decreasing insulin sensitivity (Hannou et al., 2018). According to a systematic review and meta-analysis of diet-intervention trials, fructose consumption, in energy matched exchange for other CHO or in hypercaloric trials, induces hepatic insulin resistance in non-diabetic adults (Horst et al., 2016). These results indicate that insulin resistance caused by the consumption of extra calories from fructose is not attributed only to excess energy intake (weight gain). Similar results have been reported by a cross-sectional study conducted on a sample of 12000 Spanish adults. This study highlighted that the large added amounts of fructose mediate the positive association between habitual SSB consumption and insulin resistance since no association was found between artificially sweetened beverages and insulin levels (Lana et al., 2014). The mechanisms by which fructose induces insulin resistance remain uncertain.

Hepatic lipid accumulation induced by fructose is suggested to be the primary underlying mechanism of insulin resistance development. In the context of steatosis, in addition to TG, hepatic diacylglycerol (DAG) accumulate in hepatocytes. The build-up of DAG is strongly correlated with the development of hepatic insulin resistance via activation of hepatic protein kinase Cɛ, which inhibit hepatocellular insulin signaling (Petersen & Shulman, 2017) (Ter Horst et al., 2017).

Moreover, as shown in figure 5, fructose metabolism stimulates uric acid production leading to hyperuricemia (Caliceti et al., 2017). This latter induces mitochondrial oxidative stress which in turn is linked with insulin resistance (Hoehn et al., 2009). In addition, hyperuricemia will decrease endothelial nitric oxide (NO) release, which will decrease the contact between glucose and GLUT4, increasing insulin resistance (Duplain et al., 2001).

Effects of fructose on visceral adiposity and appetite

Many RCTs, cross-sectional and prospective studies have shown that excessive fructose intake, especially from SSB, increases visceral adipose tissues (Ma et al., 2016) (Ma et al., 2014) (Odegaard et al., 2012) (Maersk et al., 2012). A recent prospective observational study conducted on 1000 participants of the Third Generation cohort of the Framingham Heart Study, showed that daily SSB intake is associated with adverse changes in visceral adiposity. SSB daily consumers over six years had a 27 % greater increase in visceral adipose tissue compared to nonconsumers (Ma et al., 2016). Similarly, a cross-sectional study conducted among 2500 participants of the Framingham Heart Study showed that daily SSB consumers have greater VF and greater visceral adipose tissue: subcutaneous adipose tissue (VAT: SAT) ratio after adjustment for age, sex, energy intake, alcohol intake, physical activity level, educational level, and current smoking status compared to nonconsumers (Ma et al., 2014).

Various potential mechanisms may explain this positive association between fructose intake and visceral adiposity. As already discussed, fructose consumption promotes postprandial hypertriglyceridemia. LPL, regulated by insulin, is responsible for fat accumulation in VAT. In normal circumstances, LPL in VAT is less sensitive to insulin than LPL in SAT (Mead et al., 2002). However, in the case of insulin resistance, induced by high fructose consumption, LPL activity in SAT is reduced; therefore TG deposition in VAT will be more significant (Mead et al., 2002).

Another possible mechanism is that fructose may increase activation of intracellular glucocorticoids, which increases the activity of LPL (Senesi et al., 2010). The concentration of glucocorticoids receptors in VAT is higher than SAT; thus TG will be stored in VAT in cases of excess fructose intake.

Furthermore, it has been proposed that fructose may increase weight gain by altering appetite and satiety, resulting in overeating behavior. Unlike glucose, high fructose intake is not effective in stimulating insulin secretion, a hormone that increases satiety (Labouebe et al., 2013). The satiety hormone leptin is also reduced after fructose intake (Figlewicz and Benoit, 2009). Another mechanism that increases food intake is ATP depletion, which occurs after the administration of fructose (Cha et al., 2008).

Effects of Fructose on Blood Pressure

Epidemiological evidence suggests that there is a link between fructose consumption and hypertension. A cross-sectional study conducted on NHANES population reported that a high intake of fructose from added sugar \geq 74 g/day is significantly associated with higher risk of HTN after adjusting for demographics, comorbidities, PA, total kilocalorie intake and dietary confounders (Jalal et al., 2010). Other studies have not shown this association, and this could be explained by the difference in the pattern of dietary intake, where the majority of fructose consumed in the NHANES population comes from added sugars rather than from fruits (Jalal et al., 2010). Fructose may contribute to the rise in BP via several mechanisms, including increased intestinal salt absorption, endothelial dysfunction and chronic activation of the sympathetic nervous system (SNS).

High fructose feeding in rats has been shown to stimulate sodium and chloride absorption, resulting in HTN (Cabral et al., 2014) (Soleimani, 2011) (Soleimani and Alborzi, 2011). A high fructose diet upregulates the sodium transporter, sodium-hydrogen exchanger 3 (NHE3), and the chloride transporter,

putative anion transporter 1 (PAT1) which in turn increases sodium absorption and chloride absorption respectively (Soleimani, 2011) (Soleimani and Alborzi, 2011). Indeed, in both GLUT 5 and PAT 1 knockout mice this associated HTN was prevented (Barone et al., 2009). Hyperuricemia induced by fructose metabolism is believed to increase mitochondrial oxidative stress and to reduce endothelial NO release, resulting in endothelial dysfunction (Jia et al., 2014). Moreover, it has been suggested that uric acid induces inflammatory reactions. Thus, the high serum level of uric acid increases the expression of inflammatory biomarkers such as C-reactive protein in endothelial cells, which in turn inhibits NO generation (Figure 5) (Spiga et al., 2017). High intake of fructose induces insulin resistance resulting in hyperinsulinemia, which in turn lead to chronic activation of the SNS. This latter, stimulate norepinephrine release that is believed to induce vasocontraction and to impair endothelial function (Klein & Kiat, 2015).

(see figure 5 in the following page)



Figure 5 Consequences of hepatic fructose metabolism

Adapted from Mirtschink P., Jang C., Arany Z., Krek W., (2018). Fructose metabolism, cardiometabolic risk, and the epidemic of coronary artery disease, European Heart Journal, Volume 39, Issue 26, Pages 2497–2505. ACC, acetyl-coa carboxylase; ACLY, ATP citrate lyase; CPT1, carnitine-palmitoyltransferase 1; ChREBP, carbohydrate-responsive element-binding protein; DAG, diacylglycerole; FAS, fatty acid synthase; FATP5, fatty acid transport protein 5; GLUT2, glucose transporter 2; GLUT9, glucose transporter 9; LPA, lysophosphatidic acid; NO, nitric oxide; PFK, phosphofructokinase; PA, phosphatidic acid; PKCɛ, protein kinase C epsilon type; SREBP1, sterol regulatory element binding transcription factor 1; TAG, triacylglycerole; XBP-1, X-box binding protein 1.
CHAPTER III MATERIAL AND METHODS

Data for the current study were obtained from the cross sectional survey "Assessment of Bisphenol A (BPA) levels and their association with the health status among the Lebanese population" that was conducted between March and May 2014 on a representative sample of Lebanese adults residing in the Greater area of Beirut. The survey protocol was approved by the Institutional Review Board of the American University of Beirut. All participants included in the study signed an informed consent form and had the right to withdraw at any time (Appendix II and III).

A. Participants

Participants were selected using a multistage probability sampling of adults in the Greater Beirut area, where the strata were the districts of the area. Within each district, a sample of neighborhoods, then households was chosen randomly based on a systematic random sampling approach. At the household level, the interviewer chose the one with the most recent month of birth to participate, if eligible. Participants on dialysis, mentally disabled or pregnant were excluded. Furthermore, subjects working in plastic or other chemical company were excluded since they have been exposed to BPA. For the current analysis, the selection of participants from the original population (n 501) was undertaken according to the following criteria:

- 1. Healthy, with no history of chronic disease
- 2. Having complete anthropometric, biochemical and dietary data
- 3. No under or over reporting of energy intake (EI)

In total, 283 participants, aged \geq 18 years, were included in this study.

B. Data collection

Participants who agreed to participate in the study were requested to visit the American University of Beirut (AUB) for data collection, after an overnight fast. Data collection took place at the Department of Nutrition and Food Sciences (NFSC) in the Faculty of Agricultural and Food Sciences at AUB. Data collection forms were filled by trained personnel to minimize errors (Appendix IV and V).

1. Socio-demographic and lifestyle characteristics

The sociodemographic and lifestyle characteristics of the participants, including age (in years), gender, marital status (married, engaged and single, including divorcees and widowers), educational level, monthly household income (expressed in terms of U.S. dollars), smoking status (current smokers of cigarette or hookah vs past and non-smokers), crowding index, physical activity level, were collected by trained interviewers using a pretested questionnaire. Educational level was categorized into no schooling or primary school, intermediate school, secondary school or technical diploma and university degree. Monthly household income was divided into < 600\$, 600\$ \leq income \leq 2000\$, > 2000\$. Physical activity was categorized into 3 categories: low, moderate and high. Data about family and personal medical history of diseases were also obtained.

2. Anthropometric, BP and biochemical measurements

Weight was measured to the nearest 0.1 Kg using a calibrated electronic weighing scale (Inbody 3.0, Biospace Co. Ltd, Korea), while the subjects were wearing light clothes without shoes. Height was measured using a portable stadiometer (Seca 213, Germany) and recorded to the nearest 0.5 cm. The candidates were in a standing position, flat against the measuring board without shoes. BMI was calculated as weight (Kg) divided by square of the height (meters). WC was measured to the nearest 0.5 cm, at the umbilical level, using an unstretched tape meter (Seca

201, Germany). The tape was placed around the abdomen without exerting any pressure on the skin. Body fat was assessed using the Bioelectrical Impedance Analysis technique (Inbody 3.0, Biospace Co. Ltd, Alpha-Tec s.a.r.l.).

Levels of serum TG, HDL-C, LDL-C, and glucose were measured using an enzymatic spectrophotometric technique using Vitros 350 analyzer (Ortho-Clinical Diagnostics, Johnson and Johnson, 50–100 Holmers Farm Way, High Wycombe, Buckinghamshire, HP12 4DP, United Kingdom) at the NFSC department. As for hemoglobin A1c (HbA1c) analysis, it was measured using the BioRad Variant Hemoglobin Analyzer at AUBMC. Sitting BP was measured after a ten-minute rest using a standard digital sphygmanometer. All measurements were taken twice and the average of the two values was used.

3. Dietary intake assessment

Dietary data were collected using a semi-quantitative, culture specific food frequency questionnaire (FFQ) with 82-food items (Appendix IV and V). The participants completed the FFQ during one-on-one interview. The FFQ referred to participant's dietary intake during the past year. Participants were asked to record their intakes in terms of a reference portion size (expressed in household measures such as cups, spoons and plates) and/or customary packing size. The standard twodimensional food portion visual chart, developed by Nutrition Consulting Enterprises, was used to assist in quantifying the reference portion size (Posner et al., 1992). Total energy and macronutrients intakes were computed using the Nutritionist Pro software, version 1.2.

Outliers, which refers to extreme values of EI that lie far from the majority of the other data points are excluded. Indeed, most of the literatures include only participants with plausible EI (between 500 and 5000 Kcals per day) and exclude individuals reporting an abnormally high or low EI (High >5,000 kcal for men, >4,000 kcal for women or low <800 kcal for men, <600 kcal for women) (Derghan

et al., 2017; Bell et al., 2014). In this study, the outliers were identified based on the Interquartile Range (IQR) method and hence individuals reporting >6,000 kcals were excluded.

C. Metabolic syndrome definition

MetS was defined based on the harmonized definition of the IDF. It was characterized as having at least 3 out of 5 of the metabolic abnormalities: 1) Abdominal obesity: WC \geq 94 cm for men and WC \geq 80 cm for women (Eastern Mediterranean and Middle Eastern populations are recommended to use European data), 2) elevated BP: \geq 130 mmHg systolic or \geq 85 mmHg diastolic, 3) elevated fasting blood sugar \geq 100 mg/dl (5.6 mmol/L), 4) elevated TG \geq 150 mg/dl (>1.69 mmol/L), 5) Low serum HDL: < 40 mg/dl (<1.04 mmol/L) for men and < 50 mg/dl (<1.29 mmol/L) for women (Alberti et al., 2009).

D. Estimation of added and natural fructose dietary intake

Fructose content data was available for 36 food items based on NutriPro software (i.e. total fructose). There was no data on added and natural fructose. Hence, for whole fruits and vegetables, natural fructose was assumed to be equal to total fructose (Hosseini-Esfahani et al, 2011) (Table 3). Acknowledging that the most common added sugar in commodities is sucrose, we have calculated the content of added fructose as 50% of added sugars (i.e. sucrose) in food items (Hosseini-Esfahani et al, 2011).Table 4 shows the content of total and added fructose per food item.

Added fructose intake was calculated and was later categorized into first, second, third and fourth quartiles corresponding to <15.10 g of added fructose / day (Q1), 15.10 - 28.405 g of added fructose /day (Q2), 28.41 - 51.48 g of added fructose /day (Q3) and >51.48 g of added fructose /day (Q4). Natural fructose in fruits and vegetables was also categorized into first, second, third and fourth quartiles

corresponding to <6.39 g of natural fructose / day (Q1), 6.39 - 10.39g of natural fructose / day (Q2), 10.39 - 16.64 g of natural fructose / day (Q2), 10.39 - 16.64 g of natural fructose / day (Q4). The sum of fructose consumption was calculated by summing up natural fructose and added fructose intake (Hosseini-Esfahani et al, 2011) and was also categorized, into four quartiles: < 26.74 g of fructose / day (Q1), 26.75 - 41.99 g of fructose / day (Q2), 41.99 - 65.05 g of fructose / day (Q3) and > 64.05 g of fructose / day (Q4).

Food item	Natural fructose (in 100g)
Citrus orange/ grapefruit	2.0795
Peach, plum, prunes	3.07
Strawberries	3.90
Grapes	8.13
Banana/ Apples	5.375
Salad, green: lettuce, mint, cucumber, green pepper, rocket, purslane, etc.	1.133
Tomatoes, fresh	1.37
Corn / Green peas, fresh	0.05
Corn/ Green peas, canned	0.05
Potatoes, baked / boiled/ mashed	0.34
Zucchini/ Eggplants, cooked	1.21
Cauliflower/ Cabbage/ Broccoli	1.21
Other canned vegetables (Mushroom, palmetto, asparagus, etc.)	0
Legumes: lentils, beans, chickpeas, etc., dried, cooked	0.1
Legumes, canned (beans, fava, chickpeas)	0.1
Wine, red / white/ blush	0.778
Mustard	0.18

Table 3 Natural fructose content of food items (per 100g)

Food item	Total sugar (g / 100g) (Assumed= added sugar)	Added fructose (g/ 100g) (assuming 50% of added sugar is fructose)
Bread, brown	0.82	0.41
Traditional breads(markouk/tannour)	1.77	0.88
Breakfast cereals, regular/ sugar coated/ chocolate/ bran	10.50	5.25
Kaak	1.26	0.63
Fruits canned	17.14	8.57
Fruit juice canned	12.42	6.21
Fruit juice bottled	12.42	6.21
Cakes / Cookies/ Doughnuts / Muffins/ Croissant / Biscuits	24.85	12.42
Ice cream	19.16	9.58
Chocolate bar	57.82	28.91
Sugar, honey, jam, molasses, chocolate spread	99.80	49.9
Arabic sweets (Baklava, maamoul, knefe)	1.185	0.59
Soft drink, regular	11.55	5.77
Cocoa / Hot chocolate	70.38	35.19
Manaeesh, zaatar/ cheese	0.09	0.045
Energy & sports drinks	10.06	5.03
Pizza	1.98	0.99
Canned/ Pre-packed soups	1.54	0.77
Ketchup	22.77	11.38

Table 4 Total and added fructose content of food items (per 100g)

E. Statistical analysis

Statistical analysis was performed using he Statistical Analysis Package for Social Sciences, version 24.0 (SPSS Inc., Chicago, IL, USA). Sociodemographic characteristics, anthropometric and biochemical measurements and dietary intake of the total study population and across MetS status were described using frequencies for categorical variables, means and standard deviations for continuous variables. The significant differences between the groups, was obtained using Independent t-test and Chi-square test for continuous variables and categorical variables respectively. In all the analyses, a p value less than 0.05 was considered statistically significant.

To investigate the association between total/added dietary fructose and each of the metabolic abnormalities, as categorical variables, binary logistic regression analysis was conducted with the MetS and its 5 components being the dependent variable with only two outcomes (yes/no, high/low, normal/abnormal) and fructose intake the independent variables. Associations were examined based on crude (unadjusted) models. Based on the results of crude association, multivariable models were performed while adjusting for variables that were shown to be significantly associated with MetS in crude models. Moreover, more variables were added based on the literature (Hosseini-Esfahani et al, 2011). To put more power and to fine tune the model, stepwise regression analysis was conducted. Thus, the nonsignificant variables were eliminated automatically. The OR of MetS and its components in each quartile of total fructose intake and added fructose intake were determined using logistic regression analysis.

CHAPTER III RESULTS

A. Subject characteristics and dietary intakes/ Assessment of fructose intake

1. Socio-Demographic characteristics

Of the 283 eligible individuals, 102 were diagnosed with MetS. Thus, the prevalence of MetS in the current study was estimated at 36% according to the IDF definition (Alberti et al., 2009). General characteristics of the study population according to MetS status are presented in Table 5. Overall, the mean age of the participants was 41 \pm 13.71 years, with a higher proportion of females than males (67.5 % vs 32.5 %). Only 9.1 % of the overall participants had a monthly income level higher than 2000\$. Among lifestyle factors, most of the subjects were current smokers of either cigarettes or narghile (68.9%) and almost half of the subjects had low physical activity level (46.3%). Participants with MetS were significantly older as compared with participants without MetS (44.85 \pm 14.64 vs. 38.84 \pm 12.70 years), with a higher proportion being males (45.1% vs 25.4%). Also, a higher proportion of participants without MetS compared with those with MetS (18.9 % vs. 4.9 %) (see table 5 in the following page).

	Total ^b	MetS	No MetS	P-value ^c
	(n=283)	(n= 102)	(n= 181)	
Age (years) (Mean ± SD)	41 ± 13.7	44.8 ± 14.6	38.8 ± 12.7	< 0.001
Gender				
Male	92 (32.5)	46 (45.1)	46 (25.4)	0.001
Female	191 (67.5)	56 (54.9)	135 (74.6)	
Marital Status				
Single ^d	90 (31.8)	36 (35.3)	54 (29.8)	0.344
Married	193 (68.2)	66 (64.7)	127 (70.2)	
Income Per Month				
< 600\$	75 (28.4)	33 (33)	42 (25.6)	0.345
600\$ ≤ income ≤ 2000\$	165 (62.5)	60 (60)	105 (64)	
> 2000\$	24 (9.1)	7 (7)	17 (10.4)	
Education				
No schooling or primary	89 (31.6)	38 (37.3)	51 (28.3)	0.01
Intermediate	77 (27.3)	31 (30.4)	46 (25.6)	
Secondary or technical diploma	77 (27.3)	28 (27.5)	49 (27.2)	
University degree	39 (13.8)	5 (4.9)	34 (18.9)	
Smoking status ^e				
Current smokers	195 (68.9)	70 (68.6)	125 (69.1)	0.641
Past smokers	25 (8.8)	11 (10.8)	14 (7.7)	
Never smoked	63 (22.3)	21 (20.6)	42 (23.2)	
Crowding Index				
\leq 1 person/room	109 (38.5)	45 (44.1)	64 (35.4)	0.146
> 1 person/room	174 (61.5)	57 (55.9)	117 (64.6)	
Engagement in Physical Activity				
None	42 (14.8)	20 (19.6)	22 (12.2)	0.09
Any	241 (85.2)	82 (80.4)	159 (87.8)	
Levels of physical activity				
Low-intensity activity	131 (46.3)	51 (50)	80 (44.2)	0.199
Moderate-intensity activity	88 (31.1)	34 (33.3)	54 (29.8)	
High-intensity activity	64 (22.6)	17 (16.7)	47 (26)	

Table 5 Socio-demographic and lifestyle characteristics of the study sample^a

^a Data are reported as N(%): frequency and percentage within column for categorical variables or as Mean \pm SD for continuous variables. SD: Standard deviation.

^b Lack of corresponding sum of frequencies with total sample size is due to missing data.

° Significance was derived from chi-square for categorical variables and from independent t test for continuous variables.

^d Single includes divorced, widowed and engaged.

^e Current smokers of either cigarette or narghile, Past smokers of either cigarette or narghile.

2. Anthropometric Characteristics, Biochemical and Blood Pressure Data

Table 6 presents the anthropometric and biochemical measurements along with the blood pressure data of the study sample (n=283) according to their MetS status. The comparison of participants with and without MetS showed that those with MetS had significantly higher BMI (31.04 ± 5.40 vs. 26.37 ± 5.02 kg/m2), BW (83.53 ± 15.76 vs. 68.49 ± 13.55 Kgs), WC (100.65 ± 11.39 vs. 87.10 ± 12.02 cm) and body fat (32.45 ± 11.14 vs. 24.16 ± 10.08 Kgs). Moreover, participants with MetS had significantly higher fasting BG (105.70 ± 17.71 vs. 93.99 ± 7.21 mg/dl), TG (164.39 ± 79.96 vs. 96.07 ± 50.91 mg/dl), LDL (116.23 ± 38.25 vs. 101.78 ± 31.45 mg/dl) and TC levels (192.72 ± 43.165 vs. 178.06 ± 36.53 mg/dl) compared to participants without MetS. Higher systolic BP (124.51 ± 18.42 vs. 111.71 ± 13.17 mmHg) and diastolic BP (77.41 ± 10.33 vs. 70.35 ± 8.16 mmHg) level was also noted among participants with MetS than among those without.

(see table 6 in the following page)

	Total	MetS	No MetS	P-value ^b
	(n= 283)	(n=102)	(n=181)	
Anthropometric characterist	tic			
BMI (Kg/ m ²) (Mean \pm SD)	28.05 ± 5.62	31.04 ± 5.40	26.37 ± 5.02	< 0.001
Body weight (Kg) (Mean ± SD)	73.91 ± 16.08	83.53 ± 15.76	68.49 ± 13.55	< 0.001
Waist Circumference (cm) (Mean ± SD)	91.99 ± 13.46	100.65 ± 11.39	87.10 ± 12.02	< 0.001
Body Fat (Kg) (Mean \pm SD)	$\begin{array}{c} 27.15 \pm \\ 11.18 \end{array}$	32.45 ± 11.14	24.16 ± 10.08	< 0.001
Biochemical and BP data ^d				
Serum glucose levels (mg/dl) (Mean ± SD)	98.21 ± 13.31	$\begin{array}{c} 105.70 \pm \\ 17.71 \end{array}$	93.99 ± 7.21	< 0.001
HbA1c (%) (Mean ± SD)	5.47 ± 0.49	5.69 ± 0.60	5.35 ± 0.38	< 0.001
Insulin (mU/mL) (Mean ± SD)	26.33 ± 15.57	31.37 ± 22.12	23.40 ± 8.83	< 0.001
TC (mg/dl) (Mean ± SD)	$\begin{array}{c} 183.34 \pm \\ 39.61 \end{array}$	$192.72 \pm \\ 43.165$	$\begin{array}{c} 178.06 \pm \\ 36.53 \end{array}$	0.003
LDL (mg/dl) (Mean ± SD)	$\begin{array}{c} 106.99 \pm \\ 34.69 \end{array}$	116.23 ± 38.25	$\begin{array}{c} 101.78 \pm \\ 31.45 \end{array}$	0.001
HDL (mg/dl) (Mean ± SD)	$51.89 \pm \\15.89$	42.87 ± 10.87	56.98 ± 16.04	< 0.001
TG (mg/dL) (Mean \pm SD)	$\begin{array}{r} 120.70 \pm \\ 70.88 \end{array}$	164.39 ± 79.96	96.07 ± 50.91	< 0.001
SBP (mmHg) (Mean ± SD)	116.68 ± 16.62	124.51 ± 18.42	111.71 ± 13.17	< 0.001
DBP (mmHg) (Mean \pm SD)	$\begin{array}{c} 72.89 \pm \\ 9.60 \end{array}$	77.41 ± 10.33	70.35 ± 8.16	< 0.001

Table 6 Anthropometric characteristics, biochemical and blood pressure data of the study sample^a

^a Data are reported as Mean ± SD. SD: Standard deviation

^c BMI: Body Mass Index

^b Significance was derived from independent t test

^d TC: Total Cholesterol; HDL-C: High Density Lipoprotein-Cholesterol; LDL-C: Low Density Lipoprotein-Cholesterol; TG: Triglycerides; SBP: Systolic Blood Pressure; DBP: Diastolic Blood Pressure; HbA1c: glycated hemoglobin.

3. Dietary Energy and Macronutrient Intakes

Dietary intake of the study sample according to their MetS status are presented in Table 7. Mean intake of total dietary fructose was 51.42 ± 35.54 g/day which represents 6.58 ± 3.71 % of the total EI. Natural and added fructose intakes were estimated at 12.29 ± 8.57 g/day and 39.12 ± 34.10 g/day (1.78 ± 1.41 % and 4.80 ± 3.56 % EI), respectively. No significant difference in dietary intakes was observed comparing participants with MetS with those without.

(see table 7 in the following page)

	Total	MetS	No MetS	P-value ^b
	(n= 283)	(n=102)	(n=181)	
		$Mean \pm SD$		
Energy (Kcal/day)	3134 ± 1301	3232 ± 1337	3080 ± 1281	0.34
Carbohydrates (g/day)	$\begin{array}{r} 388.22 \pm \\ 158.16 \end{array}$	407.40 ± 170.21	377.41 ± 150.37	0.12
Carbohydrate (% of energy)	50.37 ± 8.30	50.98 ± 8.40	50.03 ± 8.25	0.36
Protein (g/day)	$102.83 \pm \\ 60.65$	101.95 ± 50.44	103.33 ± 65.83	0.85
Protein (% of energy)	13.02 ± 3.64	12.67 ± 3.22	13.22 ± 3.86	0.22
Fat (g/day)	131.81 ± 64.97	134.82 ± 67.28	130.12 ± 63.77	0.56
Fat (% of energy)	39.10 ± 7.86	38.56 ± 8.11	39.41 ± 7.72	0.38
Dietary Fibers (g/day)	28.16 ± 11.78	28.70 ± 13.49	27.85 ± 10.72	0.56
Total sugar intake (g/day)	$\begin{array}{c} 104.99 \pm \\ 58.45 \end{array}$	111.18 ± 61.84	101.49 ± 56.32	0.18
Added fructose (g/day) ^c	39.12 ± 34.10	41.85 ± 33.70	37.59 ± 34.31	0.31
Added fructose (%Kcal/day)	4.80 ± 3.56	4.81 ± 2.97	4.79 ± 3.86	0.96
Natural fructose (g/day) ^d	12.29 ± 8.57	11.84 ± 7.88	12.55 ± 8.95	0.51
Natural fructose (%Kcal/day)	1.78 ± 1.41	1.61 ± 1.15	1.87 ± 1.53	0.12
Total fructose (g/day) (Added + Natural)	51.42 ± 35.54	53.69 ± 35.03	50.14 ± 35.85	0.42
Total fructose (%Kcal/day)	6.58 ± 3.71	6.42 ± 2.96	6.67 ± 4.07	0.59

Table 7 Dietary energy and macronutrient intakes of the study sample ^a

^a Data are reported as Mean ± SD. SD: Standard deviation

^b Significance was derived from independent t test

^cAdded fructose from industrialized foods and beverages containing beet or cane sugar/ molasses, corn sweeteners and invert syrup

^d Natural fructose in fructose-containing food such as fruits, vegetables, honey.

B. Association of fructose intake with metabolic syndrome

To determine the association between fructose intake with MetS and its components, first we performed binary logistic regression. Three models were presented with the crude model being the one without adjustments. Model 1 included the sociodemographic variables age and sex. Model 2 included the variables of model 1, in addition to BMI, CHO (g/day), fibers (g/day), energy intake (kcal/day), smoking (ex, current, never), education and PA (yes, no) (Hosseini-Esfahani et al, 2011). According to our results, fructose intake > 64.05 g/d (Quartile 4 (Q4)) was associated with higher odds of MetS after adjusting for confounders (Model 2). Indeed, binary logistic regression results in Table 8 showed that the risk of MetS increased by 2.84 fold for participants in the highest quartile of total fructose intake (Q4) [OR 2.84 (95% CI 1.017-7.940)]. Similarly, the risk of MetS was increased by 3.18 fold for added fructose intake at Q4 [OR 3.18 (95% CI 1.068-9.493)] after adjusting for confounders (Model 2) as shown in Table 9. However, no significant association was observed between Natural fructose with MetS even at the highest quartile and after adjustments for potential confounders [OR 1.047 (95% CI 0.414-2.645)] (Table 10). When examining each abnormality alone, no significant association was found, even after adjustment for confounders.

While adjusting for the 9 potential independent variables, a significant association was observed between fructose intake and MetS. However, to put more power and to fine tune the model by eliminating the nonsignificant variables, we used the stepwise regression analysis instead of the ordinary binary logistic regression. In this regression, the 9 potential independent variables were included in the model, and those who are not statistically significant were eliminated automatically, with no human intervention. After conducting the stepwise regression we were able to determine the variables which significantly influenced the MetS. These latter were BMI, age and sex. As shown in Tables 11 and 12 the risk of MetS increased by 2.450 fold for participants in the highest quartile of total fructose intake (Q4) ([OR 2.450 (95% CI 1.047- 5.734)]) and by 2.609 fold for participants in the highest quartile of added fructose intake (Q4) [OR 2.609 (95% CI 1.081- 6.298)].

	Dietary total fructose intake					
	Quartile 1 (n=70)	Quartile 2 (n=71)	Quartile 3 (n=72)	Quartile 4 (n=70)		
	<26.74	26.75 - 41.99	41.99 - 64.05	>64.05		
		OR (9:	5% CI)			
Metabolic Syndrome						
Crude model ^a	1	0.66 (0.32 - 1.34)	0.79 (0.39 - 1.58)	1.50 (0.76 - 2.96)		
Model 1 ^b	1	0.59 (0.27 - 1.25)	0.85 (0.40 - 1.79)	1.87 (0.86 - 4.02)		
Model 2 °	1	1.02 (0.42 - 2.43)	1.09 (0.45 - 2.68)	2.84 (1.01 - 7.94)		
Elevated triglycerides						
Crude model	1	0.79 (0.37 - 1.66)	0.72 (0.34 - 1.52)	1.06 (0.52 - 2.19)		
Model 1	1	1.69 (0.31 - 1.49)	0.70 (0.32 - 1.52)	0.84 (0.37 - 1.87)		
Model 2	1	1.06 (0.45 - 2.47)	0.81 (0.34 - 1.94)	1.02 (0.38 - 2.72)		
Elevated waist circumf	ference					
Crude model	1	0.88 (0.42 - 1.84)	0.62 (0.30 - 1.26)	0.76 (0.36 - 1.57)		
Model 1	1	0.90 (0.42 - 1.92)	0.68 (0.33 - 1.43)	1.18 (0.53 - 2.60)		
Model 2	1	1.84 (0.60 - 5.65)	0.54 (0.51 - 1.87)	0.92 (0.23 - 3.71)		
Elevated fasting blood	glucose					
Crude model	1	0.57 (0.27 - 1.18)	1.07 (0.54 - 2.12)	0.94 (0.54 - 2.12)		
Model 1	1	0.51 (0.24 - 1.09)	1.19 (0.58 - 2.44)	1.09 (0.50 - 2.36)		
Model 2	1	0.74 (0.33 - 1.68)	1.65 (0.74 - 3.70)	1.54 (0.60 - 3.96)		
Elevated blood pressur	·e					
Crude model	1	0.50 (0.22 - 1.14)	0.96 (0.46 - 1.99)	1.57 (0.77 - 3.18)		
Model 1	1	0.39 (0.16 - 0.94)	1.01 (0.45 - 2.25)	1.47 (0.64 - 3.38)		
Model 2	1	0.53 (0.20 - 1.39)	1.31 (0.53 - 3.26)	1.89 (0.67 - 5.34)		
Reduced HDL						
Crude model	1	0.86 (0.43 - 1.72)	1.20 (0.61 - 2.372)	1.063 (0.537- 2.104)		
Model 1	1	0.87 (0.43 -1.75)	1.88 (0.60 - 2.34)	1.03 (0.50 - 2.13)		
Model 2	1	1.06 (0.50 - 2.22)	1.22 (0.57 - 2.59)	1.02 (0.42 - 2.48)		

Table 8 Crude and adjusted ORs with 95%CI for MetS and each of its component according to total dietary fructose quartiles (g/day)

^a Crude model: No adjustments

^b Model 1: Adjusted for age and sex

^cModel 2: Adjusted for age, sex, BMI, CHO (g/day), fibers (g/day), energy intake (kcal/day), smoking (ex, current, never), education and PA (yes, no)

		Dietary added fructose intake			
	Quartile 1 (n=70)	Quartile 2 (n=71)	Quartile 3 (n=72)	Quartile 4 (n=70)	
	<15.10	15.10 - 28.40	28.41 - 51.48	>51.48	
		OR (9	5% CI)		
Metabolic Syndrome					
Crude model ^a	1	0.82 (0.41 - 1.66)	0.88 (0.44 - 1.76)	1.54 (0.78 - 3.04)	
Model 1 ^b	1	0.80 (0.38 - 1.68)	1.00 (0.47 - 2.14)	2.10 (0.95 - 4.63)	
Model 2 ^c	1	1.30 (0.55 - 3.04)	1.33 (0.53 - 3.34)	3.18 (1.06 - 9.49)	
Elevated triglycerides					
Crude model	1	1.16 (0.54 - 2.47)	1.42 (0.67 -2.99)	1.27 (0.59 -2.69)	
Model 1	1	1.10 (0.50 - 2.42)	1.36 (0.62 -2.99)	1.00 (0.62 -2.99)	
Model 2	1	1.54 (0.66 - 3.62)	1.58 (0.65 -3.81)	1.19 (0.41 - 3.43)	
Elevated waist circumfer	ence				
Crude model	1	0.65 (0.31 - 1.37)	0.54 (0.26 - 1.12)	0.60 (0.28 -1.25)	
Model 1	1	0.65 (0.30 - 1.40)	0.66 (0.31 - 1.41)	0.99 (0.44 - 2.22)	
Model 2	1	0.70 (0.23 - 2.15)	0.60 (0.17 - 2.03)	0.61 (0.14 - 2.59)	
Elevated fasting blood gl	ucose				
Crude model	1	0.73 (0.36 - 1.46)	0.68 (0.34 - 1.37)	1.02 (0.59 - 2.01)	
Model 1	1	0.71 (0.34 - 1.46)	0.76 (0.36 - 1.60)	1.32 (0.60 - 2.89)	
Model 2	1	0.91 (0.42 - 1.99)	1.05 (0.45 - 2.42)	1.95 (0.72 - 5.26)	
Elevated blood pressure					
Crude model	1	1.00 (0.46 - 2.13)	0.92 (0.43 - 1.98)	1.74 (0.84 - 3.58)	
Model 1	1	0.95 (0.42 - 2.14)	0.91 (0.39 - 2.12)	1.73 (0.73 - 4.09)	
Model 2	1	1.35 (0.55 - 3.29)	1.15 (0.44 - 3.00)	2.04 (0.67 - 6.17)	
Reduced HDL					
Crude model	1	0.93 (0.46 -1.88)	1.70 (0.86 - 3.34)	1.23 (0.61 - 2.44)	
Model 1	1	0.94 (0.46 - 1.90)	1.68 (0.84 - 3.35)	1.22 (0.58 - 2.58)	
Model 2	1	1.03 (0.49 - 2.16)	1.74 (0.81 - 3.76)	1.20 (0.47 - 3.05)	

Table 9 Crude and adjusted ORs with 95%CI for MetS and each of its component according to added dietary fructose quartiles (g/day)

^a Crude model: No adjustments

^b Model 1: Adjusted for age and sex

^cModel 2: Adjusted for age, sex, BMI, CHO (g/day), fibers (g/day), energy intake (kcal/day), smoking (ex, current, never), education and PA (yes, no)

	Dietary natural fructose intake				
	Quartile 1	Quartile 2	Quartile 3	Quartile 4	
	(n=70)	(n=71)	(n=72)	(n=70)	
	<6.39	6.39 - 10.39	10.39 - 16.64	>16.64	
		OR (9:	5% CI)		
Metabolic Syndrome					
Crude model ^a	1	0.90 (0.45-1.78)	1.03 (0.52-2.05)	0.88 (0.44-1.76)	
Model 1 ^b	1	0.88 (0.42-1.81)	0.96 (0.47-1.97)	0.77 (0.37-1.61)	
Model 2 ^c	1	0.86 (0.38-1.95)	1.16 (0.49-2.76)	1.04 (0.41-2.64)	
Elevated triglycerides					
Crude model	1	0.72 (0.34-1.51)	0.74 (0.35-1.54)	0.87 (0.42-1.79)	
Model 1	1	0.71 (0.33 -1.53)	0.70 (0.32-1.519)	0.88 (0.41-1.88)	
Model 2	1	0.79 (0.35 -1.77)	0.96 (0.41 -2.24)	1.30 (0.52 -3.23)	
Elevated waist circum	ference				
Crude model	1	0.97 (0.48 -1.96)	1.09 (0.53 - 2.21)	1.14 (0.55 -2.33)	
Model 1	1	0.93 (0.45 -1.91)	0.98 (0.47 -2.05)	0.91 (0.43 -1.93)	
Model 2	1	1.24 (0.41 -3.75)	2.42 (0.79 -7.37)	1.60 (0.48 -5.31)	
Elevated fasting blood	l glucose				
Crude model	1	0.96 (0.47 - 1.95)	1.50 (0.75 -3.00)	1.13 (0.56 -2.30)	
Model 1	1	0.94 (0.44 -1.96)	1.43 (0.69 -2.95)	1.00 (0.47 -2.10)	
Model 2	1	0.93 (0.43 -2.02)	1.58 (0.71 -3.50)	1.04 (0.43 -2.49)	
Elevated blood pressu	re				
Crude model	1	0.68 (0.32 -1.41)	0.91 (0.45 -1.86)	0.60 (0.28 -1.28)	
Model 1	1	0.63 (0.28 -1.39)	0.84 (0.39 - 1.82)	0.53 (0.23 -1.21)	
Model 2	1	0.61 (0.26 -1.43)	0.79 (0.33-1.91)	0.57 (0.21 -1.54)	
Reduced HDL					
Crude model	1	0.75 (0.38 -1.48)	0.770 (0.392- 1.515)	0.741 (0.375- 1.463)	
Model 1	1	0.75 (0.38 -1.48)	0.78 (0.39 - 1.54)	0.76 (0.38 -1.51)	
Model 2	1	0.76 (0.37-1.51)	0.88 (0.42 -1.85)	0.96 (0.43-2.13)	

Table 10 Crude and adjusted ORs with 95%CI for MetS and each of its component according to natural dietary fructose quartiles (g/day)

^a Crude model: No adjustments

^b Model 1: Adjusted for age and sex

^cModel 2: Adjusted for age, sex, BMI, CHO (g/day), fibers (g/day), energy intake (kcal/day), smoking (ex, current, never), education and PA (yes, no)

Table 11 Adjusted ORs with 95%CI for MetS and each of its component according to total dietary fructose quartiles (g/day) using the stepwise regression

	Dietary total fructose intake					
	Quartile 1 (n=70)	Quartile 2 (n=71)	Quartile 3 (n=72)	Quartile 4 (n=70)		
	<15.10	15.10 - 28.40	28.41 - 51.48	>51.48		
		OR (9:	5% CI)			
Metabolic Syndrome						
Model 2 ^a	1	0.86 (0.37-1.99)	1.02 (0.45-2.30)	2.45 (1.04- 5.73)		
Elevated triglycerides						
Model 2	1	1.02 (0.45-2.32)	0.83 (0.37-1.87)	0.91 (0.40-2.05)		
Elevated waist circumfe	rence					
Model 2	1	1.81 (0.63-5.17)	0.62 (0.22-1.76)	0.82 (0.28-2.34)		
Elevated fasting blood g	lucose					
Model 2	1	0. 62 (0.28-1.35)	1.32 (0.63-2.75)	1.18 (0.53-2.59)		
Elevated blood pressure						
Model 2	1	0.52 (0.20-1.30)	1.20 (0.52-2.77)	1.74 (0.72-4.16)		
Reduced HDL						
Model 2	1	1.02 (0.50-2.08)	1.32 (0.66-2.64)	1.18 (0.58-2.37)		

^a Model 2: Adjusted for age, sex, BMI, CHO (g/day), fibers (g/day), energy intake (kcal/day), smoking (ex, current, never), education and PA (yes, no)

Table 12 Adjusted ORs with 95%CI for MetS and each of its component according to added dietary fructose quartiles (g/day) using the stepwise regression

	Dietary added fructose intake					
	Quartile 1 (n=70)	Quartile 2 (n=71)	Quartile 3 (n=72)	Quartile 4 (n=70)		
	<15.10	15.10 - 28.40	28.41 - 51.48	>51.48		
		OR (9	5% CI)			
Metabolic Syndrome						
Model 2 ^a	1	1.16 (0.51 - 2.65)	1.33 (0.57 - 3.09)	2.60 (1.08 - 6.29)		
Elevated triglycerides						
Model 2	1	1.40 (0.61 - 3.21)	1.60 (0.71 - 3.62)	0.99 (0.42 - 2.32)		
Elevated waist circumfe	rence					
Model 2	1	0.71 (0.25 - 2.01)	0.56 (0.19 - 1.61)	0.48 (0.16 - 1.44)		
Elevated fasting blood g	lucose					
Model 2	1	0. 81 (0.38 - 1.71)	0.83 (0.38 - 1.79)	1.37 (0.62 - 3.05)		
Elevated blood pressure						
Model 2	1	1.31 (0.55 - 3.12)	1.13 (0.46 - 2.77)	1.98 (0.79 - 4.92)		
Reduced HDL						
Model 2	1	1.05 (0.51 - 2.16)	1.92 (0.95 - 3.88)	1.34 (0.66 - 2.72)		

^a Model 2: Adjusted for age, sex, BMI, CHO (g/day), fibers (g/day), energy intake (kcal/day), smoking (ex, current, never), education and PA (yes, no)

CHAPTER V DISCUSSION

Worldwide, MetS prevalence has continued to grow to the point of becoming a primary public health challenge and is considered to be a major risk factor for type 2 diabetes mellitus, cardiovascular disease and all-cause mortality (Zimmet et al., 2005). Whether dietary fructose intake is associated with increased risk of MetS remains in dispute and studies are yielding contrasting results (Hu and Malik, 2010; Stanhope and Havel, 2008; Stanhope and Havel, 2010) (Dolan et al., 2010; Jones, 2009; Tappy and Le, 2010; Tappy et al., 2010).

In our study the prevalence of MetS in a healthy sample of Lebanese adults was estimated at 36% according to the harmonized definition of the IDF (Alberti et al., 2009). When compared with estimates reported from previous studies conducted in Lebanon, the MetS prevalence in the current study slightly exceeded that reported by Naja et al. (2013) (34.7%) and Sibai et al. (2008) (31.2%). It is important to note that all of these studies included healthy subjects with no previous disease and used the IDF criteria. Moreover, the prevalence estimate for MetS in our study was also higher than those reported from neighboring countries such as Qatar (33.7%) (Bener et al., 2009) and from developed countries such as Spain (16.46%) (Tauler et al., 2014).

This study aimed at assessing dietary total and added fructose intake among Lebanese urban adults aged 18 years and over. Total dietary fructose intake was estimated at 51.42 ± 35.54 g/day, which exceeds the upper limit of fructose intake (50g/day) that is proposed to be one of the main etiologies of MetS (Johnson et al., 2009). Moreover, the results of the current study highlights a slightly higher consumption of dietary fructose in Lebanon when compared to other countries worldwide. Indeed, as shown in Table 13 dietary intake of fructose in US was

estimated at 48.07 ± 35.73 g/day (Sun et al, 2011) and in Tehran dietary fructose intake was estimated at 46.5 ± 24.5 and 37.3 ± 24.2 g/day, in men and women respectively (Hosseini-Esfahani et al, 2011). Furthermore, compared to the European countries, our fructose intake is higher. Indeed, the range of fructose intake in Germany was estimated at 8.4 - 40.6 and 11 - 34.8, in men and women respectively (Schulze et al., 2008) and in Finland the range of dietary fructose intake was estimated at 6 - 28.8 (Montonen et al., 2007). Few studies have estimated added fructose intake. Table 13 shows that added fructose intake as estimated in this study (39.12 ± 34.10 g/day) exceeded the estimate reported from Iran (26.9 ± 13.9 and 19 ± 13.7 g/day, in men and women respectively) (Hosseini-Esfahani et al, 2011). The observed high intake of total and added fructose amongst Lebanese adults raises concerns given the suggested association of high fructose intake with metabolic abnormalities such as hyperuricemia, oxidative stress and insulin resistance (Caliceti et al., 2017) (Castro et al., 2015) (Hannou et al., 2018) all of which may be involved in the pathophysiology of the MetS (McCracken et al., 2018).

(see table 13 in the following page)

	Total Fructose	Natural Fructose	Added Fructose	Design of the study	Dietary intake assessment (at baseline)	Reference
Lebanon	g/day* 51.42 ± 35.54	g/day 12.29 ± 8.57	g/day 39.12 ± 34.10	Cross sectional study	Semiquantitative FFQ	The current study
	Men: 65.43 ± 41.03	Men: 12.49 ± 9.60	Men: 52.93 ± 40.13			
	Women: 44.67 ± 30.45	Women: 12.20 ± 8.06	Women: 32.47 ± 28.59			
	% Kcal /day 6.58 ± 3.71	% Kcal ∕day 1.78 ± 1.41	% Kcal /day 4.80 ± 3.56			
	Men: 6.61 ± 4.19	Men: 1.39 ± 1.25	Men: 5.22 ± 4.05			
	Women: 6.56 ± 3.46	Women: 1.96 ± 1.45	Women: 4.60 ± 3.28			
US	g/day 48.07 ± 35.73			Descriptive statistics		Sun et al, 2011
	% Kcal /day 8.53 ± 4.82			NHANES 1999-2006 database		
Tehran	g/day Men: 46.5 ± 24.5	g/day Men: 19.5 ± 10.7	g/day Men: 26.9 ± 13.9	Cross sectional study	Validated Semiquantitative FFQ	Hosseini- Esfahani et al, 2011
	Women: 37.3 ± 24.2	Women: 18.6 ± 10.5	Women: 19 ± 13.7			
	% Kcal /day 8 in men 7 in women					
Germany	g/day ** Men: 8.4 – 40.6			Cohort study for 7 – 11 years	Validated Semiquantitative FFQ	Schulze et al., 2008
	Women: 11 – 34.8					
Finland	g/day **			Cohort study for	Interview with questionnaire	Montonen et al
	6-28.8			12 years		

Table 13 Fructose intake as g/day and as %Kcal/day in different populations

* Fructose exposure reported as mean \pm SD,

** Fructose exposure reported as median (IQR) or as a range.

Despite the fact that in our study we did not find any significant association between fructose intake and each of the individual abnormalities of the MetS, our results showed a significant relationship between fructose (total/added) with the MetS as an entity, after adjustment for potential confounders. It should be emphasized that, the positive association was observed only in the fourth quartile of fructose intake (> 64.05 g of total fructose/day and >51.48 g of added fructose/day). The positive association between fructose consumption and increased risk of MetS is supported by several studies (Moreno and Hong 2013; Hu and Malik, 2010; Stanhope and Havel, 2008; Stanhope and Havel, 2010; Hosseini-Esfahani et al, 2011; Malik et al., 2010). These findings are consistent with those reported by a previous crosssectional study conducted in 2011 by Hosseini-Esfahani et al., showing that men and women in the highest quartile of fructose intake, had 33% and 20% higher risk of developing MetS, respectively. Similar results were documented in a systematic review and meta-analysis of clinical trials which also concluded that high fructose consumption from industrialized products is the main contributor to MetS (Kelishadi et al., 2014). Moreover, among three studies evaluating MetS and fructose intake in a meta-analysis by Malik et al., the pooled RR was 1.20 [95% CI 1.02-1.42] comparing extreme quantile of SSB intake, which is considered an important source of added fructose in the human diet. This suggests that an increased risk of 20% of MetS is associated with higher consumption of SSB compared with lower consumption (Malik et al., 2010). An important mechanism that may explain this association between fructose intake and MetS is the altered appetite and satiety signals caused by high fructose intake which results in weight gain and visceral fat accumulation (Labouebe et al., 2013) (Figlewicz and Benoit, 2009). Interestingly, the association of Fructose with MetS became significant only after adjustment for confounders that included BMI, age and sex and BMI. The fact that the association became significant after adjustment for BMI, suggests that the association is driven by nutrient- specific mechanisms rather than merely excessive body weight. these nutrient-specific

mechanisms may include the unregulated hepatic fructose metabolism that causes hepatic lipid accumulation (Softic et al., 2016) (Rosset et al., 2016), hyperuricemia (Caliceti et al., 2017) (Jia et al., 2014) and decreased insulin sensitivity (Hannou et al., 2018), hence MetS. Hyperuricemia caused by excessive fructose intake induces mitochondrial oxidative stress which in turn is linked with insulin resistance (Hoehn et al., 2009). It will decrease endothelial nitric NO release, which will decrease the contact between glucose and GLUT4, decreasing insulin sensitivity (Duplain et al., 2001). Moreover, oxidative stress induced by hyperuricemia plays a major role in clinical manifestations such as coronary heart disease and diabetes (Roberts and Sindhu, 2009).

Worth noting that in the current study no positive association was identified between natural fructose and MetS even after adjustment for potential confounders. The sources of natural fructose are principally fruits and vegetables which are rich in various bioactive compounds such as phytochemicals, antioxidants and fibers (Devalaraja et al., 2011). This wide array of protective nutrients may offset metabolic abnormalities of fructose and may prevent the development of obesity, diabetes and MetS (Devalaraja et al., 2011; Salvin and Lloyd, 2012) . Furthermore, small amounts of natural fructose coming from fruits and vegetables have been shown to improve hepatic glucose handling by increasing the uptake of glucose into the liver and glycogen deposition (Geidl-Flueck & Gerber, 2017).

The high intake of added fructose $(4.80 \pm 3.56 \text{ %Kcal/day})$ compared to natural fructose $(1.78 \pm 1.41 \text{ %Kcal/day})$ in Lebanon may be a manifestation of the nutrition transition in the country. Indeed, Lebanon, like other countries of the Middle-East and North Africa Region (MENA), is undergoing modernization and urbanization which resulted in significant changes in diet during the past few decades (Nasreddine et al., 2014). A recent study showed that the diet in Lebanon is shifting towards higher energy, higher sugar and lower intakes of fruits and vegetables (Nasreddine et al., 2019). Thus, this increase in added caloric sweeteners

and decrease in fruits and vegetables may explain the current dietary pattern of Lebanese adults which is high in added fructose and low in natural fructose. The study findings illustrating the high intake of added fructose in Lebanon coupled with its association with a 3- fold increase in the odds of MetS is worrisome, may have implications on the disease burden in the country, particularly noncommunicable diseases (NCDs). The MetS is in fact a risk factor for type 2 diabetes and cardiovascular diseases (Wilson et al., 2005) (Shin et al., 2013), which are highly prevalent in Eastern Mediterranean countries specially in Lebanon and are assuming an escalating secular trend (84% of death is caused by NCDs in Lebanon) (Boutayeb et al., 2013).

Our study have several strengths. To our knowledge, it is the first study that assessed fructose intake in Lebanese adults and investigated its association with MetS and its component. It is important to mention that participants with previous history of chronic disease were excluded since they could have received nutritional advice to follow a healthy diet low in sugar, and hence in fructose.

Despite its strength, our study has several limitations that deserve attention. First, since it is a cross-sectional design, the current study does not allow to determine causality between fructose intake, MetS and its components. Therefore, this study limits our ability to determine whether individuals with high fructose intake have a higher risk to develop the MetS or whether those diagnosed with MetS tend to follow an unhealthy eating pattern high in fructose. The second limitation in this study is the use of a semi quantitative food-frequency questionnaire (FFQ) for collecting dietary data. This latter, highlights the possibility of recall bias and may be associated with an overestimation of dietary intake (Kushi, 1994). However, FFQs were shown to be the most suitable dietary assessment tools in large epidemiological studies given that they allow for the estimation of dietary intake over a long period of time (Shim, Oh and Kim, 2014). Moreover, social desirability bias may have influenced our findings since participants may misreport their food intake in a

manner they perceive as favorable to the interviewer (Hebert et al., 1995). Even though this limitation is reported, it is worth mentioning that it is minimized since the data was collected by trained and experienced dietitians who enhanced quality control in data collection. Selection bias is also considered a limitation in the current study. Indeed, the likelihood of overweight and unhealthy subjects to participate in this study is higher than healthy subjects participation, which may explain why we had a higher prevalence of MetS compared to other studies. Finally, the cut off points used for WC were not specific to our study sample. We used the threshold values applicable to the European population. This latter may not be fully adapted to our sample, since some studies suggested lower WC cutoffs for ethnic Arabs (Al-Lawati & Jousilahti, 2008).

CHAPTER VI CONCLUSION

This study is, the first in the Eastern Mediterranean region, to assess fructose intake and investigate its association with MetS. The current study documented a high intake of fructose amongst Lebanese urban adults, with almost quarter of the population (n=70) being classified in the highest quartile of fructose intake. It also showed a positive association between fructose (total/added) and MetS, whereas the risk of MetS increased by 2.450 and by 2.609 fold when the total fructose and added fructose were at 75th percentile, respectively.

These findings are supported by several studies (Moreno and Hong 2013; Hu and Malik, 2010; Stanhope and Havel, 2008; Stanhope and Havel, 2010; Hosseini-Esfahani et al, 2011). Therefore, restrictive guidelines on fructose intakes, could be an effective strategy to decrease the prevalence of MetS and obesity. Since the main sources of added fructose in the human diet include SSBs, a possible action to reduce the consumption of SSBs and products with high sugar levels is the inclusion of "sugar taxes" as they did in Mexico and Hungary (Carvalho et al., 2018) (Batis et al., 2016) (Falbe et al., 2016). These interventions are shown to be effective and has a strong influence on population's food choice, especially in low income groups (Mozaffarian et al., 2018). Banning SSBs or limiting their availability in public schools and across university campuses may also be effective in reducing sugar intake. Indeed, Britain, France, Los Angeles, and Miami have banned soft drinks in their schools (Vartanian et al., 2007). Moreover, food package nutrition fact panels, health claims and warning labels should be promoted because they may encourage industry to reformulate while also increasing consumer awareness (Mozaffarian et al., 2018). Indeed, the California State Senate have required to place a health warning label on sugary drinks (California State Senate, 2019). Such information

increases consumer education and would have a direct impact on consumer to make healthier choices. Last but not least, population education and promoting healthier eating via dietary guidelines can also be helpful (Mozaffarian et al., 2018).

The findings of the current study support recent dietary recommendation published by AHA and WHO to limit sugar consumption (Johnson RK. et al., 2009) (WHO, 2015). It provides further support for the development of restrictive guidelines and public health strategies aiming to encourage the decrease in the consumption of industrialized foods high in fructose in order to prevent MetS and obesity. However, one should consider the whole dietary pattern for health benefits and should not focus only on sugar content as the sole element of a healthy diet.

More studies are needed to design appropriate interventions. As a start, cohort studies may be helpful in indicating the temporal sequence between fructose intake and MetS. In addition intervention studies are needed. At this stage, short term intervention studies investigating the effect of fructose have highlighted it as a public health concern. However, there is a need for longer term intervention studies to better understand the effects of fructose on different aspects of metabolism and to better inform policy development.

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Appendix I



APPENDIX II

CONSENT FORM TO PARTICIPATE IN A RESEARCH STUDY (ARABIC)

اسين للمواهنة على الإثنيز اك في در اسة تتعلق بلأبحك المحمد العمر المستعلم المسين المواهنة على الإثنيز اك في در اسة تتعلق بلأبحك المحمد المستعلم المسين المواهنة على الإثنيز اك في در اسة تتعلق بلأبحك المسعى للمالين على المستعلم المست والمستعلم المستعلم المست والمست

الت مدعو(ة) للمشاركة ببحث علمي سريري سيجرى في الجامعة الأميركية في بيروت. الرجاء أن تلخذ(ي) الوقت الكافي لقراءة المعلومات التقلية بنان قبل أن تقرر (ي) إذا كنت تريد(ين) المشاركة أم لا. بامكانك طلب إيضاحات أو معلومات إضافية عن أي شيء مذكور في هذه الإستمارة أو عن هذه الدراسة ككل.

إن الهدف من در استنا هو قبلس مستويات ثنائي القينول أ (BPA) في عينة تمثل السكان اللبنانيين المقيمين في بيروت الكبري، وتقيم ابرتباط المستويات بمختلف الأمراض . كما نود أن نرى أيضا إذا كانت مستويات BPA تتغير مع مرور الوقت في كل شخص. ستتلاف هذه الدراسة من مرحلتين، المرحلة الأولى عند بده الدراسة والثلثية بعد سنتين للمنتبعة. منفوم بتسجيل ما يقارب مشارك في الدراسة التي سنتم في المركز الطبي في الجامعة الأميركية في بيروت (AUBMC) حيث سيتم حصر استخدام هذه الموافقة الموقعة ومعها البيانات التي يتم جمعها لغايات هذه الدراسة من دون أي استخدام أخر.

ال BPA مادة كيميانية مسئمة تتعارض مع الهرمونات الطبيعية في الجسم. ومن الممكن الطور طبيها في زجاجات من البلاستيك وحاويات المياه والزجاجات وأكواب الأطفال، والحقويات البلاستيكية، والبطانة الدخلية لطب الطعام والمشروبات. قد يتناول البشر ال BPA إذا التقل من الحاوية البلاستيكية إلى الطعام أو الشراب في خلل طروف معينة. ويرتبط استهلاك ال BPA بالأثار الصحية المسارة بما في ذلك أمراض القلب وارتفاع ضغط الدم، ومرض السكري، والتقويات في الكولسترول، والدهون باللائية، ومستوى هرمونات الغذ الدرقية. من الممكن أن مادة ال BPA توثر أيضا على المواد الجيئية (DNA).

سيقوم البلحثون الميدانيون أسلحاب شهادة (CITI) العاملون في شركة "الدولية المعلومات" (Information International) المتعاقد معها استخدام الطريقة المباشرة لتعيين المشاركين. وسوف يقومون بزيارة المشاركين في مكان إقامتهم لشرح أهداف الدراسة وطريقة التفايذ: ثم تأخذ موافقة المشاركين وسيتم إعطاء تقاصيل عن تاريخ ووقت الدراسة. و سيتم تسجيل اسم المشارك وتاريخ الميلاد، و أيام الأسبوع المتوافر فيها للمشاركة ورقم هلاف لالحة المجال للمتايمة. تحديد التاريخ ألمركز أهدار الم الجامعة الأميركية في بيروت (AUBMC) وسوف تشمل كل زيارة 10 مشاركين سوف يقومون بالإجراءات المينة.

ان مشاركتكم تعني ألكم ستقابلون شخصتاً موفلاً يجري معكم در اسة تنضمن العديد من الأسئلة حول الوضع التيمغر التي والاجتماعي والاقتصادي (العمر، والجنس، وموقع السكن، والتعليم، والمهنة والدخل)، وتمط لحياة (التدخين، الكحول، القهرة والنشاط البندي)، والحالة الصحية (التاريخ الطبي والأدوية)، والعادات الغذائية (الاستمارة الغذائية). وعلاوة على ذلك سوف تغضعون لاغتبلا بندي القياس الوزن والطول ومحيط الخصر وضغط الدم، ومعدل ضربات القذائية (بالاستمارة الغذائية). وعلاوة على ذلك سوف تغضعون لاغتبلا بندي يواسطة الاصحية ويتعنمن وخزة صغيرة ولعدة في الاصعع لاخذ أقل من نقطة ده واحدة لإجراء القحص. كما يطلب منكم الخصوع لعواسطة الاصحيم، ويتعنمن وخزة صغيرة ولحدة في الاصبع لاخذ أقل من نقطة ده واحدة لإجراء القحص. كما يطلب منكم الخصوع السحب الذم الاختبارات الجينية المحددة (الحامض التووي) والقحوصات المخبرية (بما في ذلك مخرون السكر (HbA1C)، نسبة السكر الصياحي في الدم الجنبية، الدفون، هرمونات الغذة للرقية (TSH)، خماتر الكبر (تكلم الوزن المكر الصياحي في الذم الذي يتبنين، الدفون، هرمونات الغذة للرقية (TSH)، خماتر الكبر (GGT على وعلاوة على ذلك، ميتبعر الحقوم)، الكر يقادم المخبرية (بما في ولك مخرون السكر العولين، المكر الصياحي في الذم الإلالي، اليتامين دالدون، هرمونات الغذة للدرقية (TSH)، خماتر الكبر (GGT عليه المتبعر)، المحرول المؤرية، الزلالي، اليتامين دارة OH واله على المؤرية، الدولين، الدولين، على والك، ميتبلا، سيتم جمع البول تقياس مشويات ال BPA. وسوف تنجز هذه الغموصات المخبرية مجاتا، ولكن في وقله مخزون السر (لك، معلين)، المتب وحم البركر الصياحي الورية، الزلالي، التامين دارة OH والا المؤرية، المؤرية، الورين في وقت الدولية، الرالالي، الإسمن دارة OH والا المؤرية، المؤرك في وقت لاحق الدولية، المؤلمان المؤلمينان المؤرين المؤرين الذه الكراسة.

خلال زيارتك، من المتوقع أن تكون مدة الانتهاء من الإجراءات خلال اليوم الواحد حوالي ساعة ونصف فقط، مقسمة بين 30 دقيقة لسحب الدم وجمع اليول، و 60 دقيقة أملء الاستمارات لكل مشارك .ومن المتوقع ن تستعراق الأواراة تلقة العمالة (American University of Beirul إلى أن سيكون هذك مشاركين أخرين يمرون بناس العملية.

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يعد حوالي ستثين من الزيارة الأولى، سيتم الاتصال بكم هاتفياً لدعونكم إلى استكمال البزء اللشي من الدراسة وذلك من خلال زيارة المركز الطبي في الجامعة الأميركية في بيروت (AUBMC) والقيام بنفس الإجراءات التي نستم بها في الزيارة الأولى.

على الرغم من أن أي دراسة قد تترافق مع مخاطر لا يمكن الثنيز بها، هذه الدراسة تممل الحد الأدنى من المخاطر . لا تعمل أي من عملياتَ جمع البياناتُ أبةُ مخاطر على المدى الطويل، وسوف يتم سحب الدم ضمن طروف وقاية صحية صارمة وحجم الدم الإجمالي المطلوب هو 20 سم مكعب ومن الأثار الجلنية الضنيلة التي من المحتمل أن تصبيكم: ألم محتل، نزف محدود، وحَمّة خليفة في موضيع إنخال الإليرة. وقد تحدث في بعض الأحيان حالات إغماء أو دوار خفيف، ولكمَّها لا تدوم عادةً أكثر من دقاق قايلة.

ستقتم نتاتج جميع الاختبارات التي أجريت مجانأ للمشاركين وذلك عبر الإتصال بهم وتزويدهم بنتائج الدحوصات المخبرية عند انتهائها و علاوة على ذلك، سيئم تعويض المشاركين عن نفقت التنقل بمبلغ 30,000 ليرة لبنانية عند وصولهم إلى المركز الطبي في الجامعة الأميركية في بيروت (AUBMC)، كما سيزود المُشتركون بوجية القطور في ذات اليوم.

إذا واللقت على الإشئراك بهذا البحث سوف نبقى المعلومات سرية. وحدهم الأطباء يدانرة الأخلاقيات والمحققين في المؤسسات المامة يمكنهم الإطلاع على التتلج بناة لأمر فلتونى فقطر

سيتم تغزين كافة البوقات والمينات البيولوجية التي ثم جمعها بطريقة سرية. وستتخه جميع التدابير الضمان عدم حدوث أي خرق لخصوصية المشتركين. وعلاوة على ذلك، سنتم تغزين ما تبقى من عينات الدم والبول بشكل أمن إلى أجل خبر مسمى في مختبر التكتورة: ناتالي زغيب خويري في المركز الطبي في الجامعة الأميركية في بيروت (AUBMC). إذا اخترتم سعب موافقتكم، من الدراسة، سيتم تدمير المينات الخاصة بك.

بذاة على طليكم، سوف نزودكم بتثالج الفعوصنات الجينية وشرح أهميتها لكم . . سيتم اليقاء على سرية المطومات.

أود أن أعرف ما إذا كنت على استعداد للمشاركة في هذه الدراسة. لديك المق في قبول أو رفض المشاركة. في حال رفض المشاركة، ان يكون هذاك أي خسارة للمناقع التي يقدمها المركز الطبي التابع للجامعة الأميركية في بيروت (AUBMC). كما يحق لكم الإنسماب من هذه الدراسة في أيَّ وقتُ من دون خسارة المناقع التي يقدمها المركَّر الطبِّي التَّفع للجامعة الأميركية في بيروت. (AUBMC). أيضاً, يحق للباحث انهاء مشاركتك بهذه الدراسة.

> أوافق على المشاركة في هذه الدراسة والإجراءات المحدّدة أعلاه. 8 تعم

> > أوافق على أن يتم التواصل معى للدر اسات المستقبلية

اوافق على أن يتم التواصل معى إذا كانت تتامج القحوصات الجيئية ذات أهمية طبية 8 ثعر

استخدام ما تبقى من عينات الدم والبول للدراسات المستقبلية

نوذ تخزين ما تبقى من عينك الدم والبول لاستخدام محتمل في در اسات مستعرفيه. للعام يدعت، مد يمون عصليات وخز ابتساقية. وسيتم في الجامعة الأميركية في بيروت، أو في المؤسسات الأخرى في لينان والو خلاع بنان. لن يتم أي عمليات وخز ابتساقية. وسيتم "ترميز * عينات الدم المخزنة. ارتشير عبارة "ترميز" إلى تنايلية التعريف والتعقب لا يتم تعريف عينات الدم لفايات الأبحاث، ولكن يمكن ربطها بمصدرها عبر استخدام الرموز، إلا أن البلحث المسؤول أو المشرف الأساسي هو الوجيد الذي يحق بعد المعاول على المعادرة المحمد القام بتلاريز على مر يعنو). American University of Beirut

أواقق على أن يتم استخدام ما تبقى من عينات الدم والبول للدر اسات المستقبلية 7 نعم

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يمكن مشاركة عينات دمكم المرمّزة مع باحثين آخرين لدراسات ذات صلة. ولن يعرف هؤلاء الباحثون هويتكم.

أوافق على مشاركة عيَّنات دمي المرمَزة مع باحثين آخرين لإجراء دراسات ذات صلَّ. نعر

إقرار المريض بالمشاركة في البحث:

انا الموقع انذاه وبعد أن اطلعت واستوعيت كل جوانب هذا البحث وأجبت عن كل أسئلتي أوافق بملئ إرادتي على المشاركة في هذه الدراسة وأنا على علم تلم بأتني أستطيع الإتصال بالدكتور <u>هاي تميم على الرقم 01350000 ا</u>لمقسم <u>5453</u> أو بأي من ممثليه الضائمين بهذه الدراسة وذلك إذا أردت توجيه أي سوال، كما الذي اعلم أنه فيما أو أن أسئلتي لم يجاوب عليها بعلريقة مقتعة يمكنني الإتصال بأحد أعضاء لجنة الأخلاقيات على المقسم <u>5445</u> كما إنتي أعلم أنه فيما أو أن أسئلتي الإتصال بالدكتور المشاركة في هذه الدراسة في أي وقت شئت حتى بعد التوقيع على هذه الوثيقة وإن الحاية التي أتقاها أن نتأثر بهذا الإنسحاب وإنتي سوف أزود بنسخة عن هذه الوثيقة.

> يسم المريض أو ممثله القانوني/قريبه أو وصيه

التوقيع

التاريخ و الساعة

إسم الشاهد التاريخ و الساعة

التوقيع

إقرار البلحث باستلام التعهد بالإشتراك:

لقد أطلعت بالتفصيل على التعهد بالإشتراك في البحث مع______ (إسم المريض، ممثله القانوني، قريبه، وصيه)، وأفهمت المريض الغاية من هذه الدراسة ومن أخطار ها وفواندها. لد أجبت المشترك على جميع الأسئلة التي تقدم بها يوضوح تام وتعهدت له بإعلامه عن أي تغيير يطرآ في موضوع هذا البدث.

التوقيع

إسم الباحث أو ممثل المشترك

التاريخ و الساعة

Institutional Review Board American University of Beirut

17 FEB 2014 APPROVED

كانون الثاني: 2014

رقم البروتوكول: IM.HT.03

أسس الموافقة على الإشتراك في در اسة تتعلق بالأبحاث المنيني Bogrd Institutional Review of Bernal American University American University of Lower Ilower Level تقييم مستويات ثناني الفينول أ عند اللبنانيين وتقييم إرتباطه بالوضع الصحي لغلائ FEB المراجع المعرفي المعرفين الم RECEIVED رقم البروتوكول: IM.HT.03 الباحث: د. هاني تميم العنوان: شارع القاهرة- بيروت - لبنان تلفون : 01350000 ext: 5453

1

المكان الذي سوف تتم فيه الدراسة: المركز الطبي في الجامعة الأميركية في بيروت (AUBMC)

أنت مدعو(ة) للمشاركة ببحث علمي سريري سيجرى في الجامعة الأميركية في بيروت. الرجاء أن تأخذ(ي) الوقت الكافى لقراءة المعلومات التالية بتأن قبل أن تقرر (ي) إذا كنت تريد (ين) المشاركة أم لا. بإمكانك طلب إيضاحات أو معلومات إضافية عن أي شيء مذكور في هذه الإستمارة أو عن هذه الدراسة ككل.

إن الهدف من در استنا هو قياس مستويات ثنائي الفينول أ (BPA) في عينة تمثّل السكان اللبنانيين المقيمين في بيروت الكبرى، وتقييم إرتباط المستويات بمختلف الأمراض . كما نود أن نرى أيضا إذا كانت مستويات BPA تتغير مع مرور الوقت في كل شخص. ستتألف هذه الدراسة من مرحلتين، المرحلة الأولى عند بدء الدراسة والثانية بعد سنتين للمتابعة. سنقوم بتسجيل ما يقارب 500 مشارك في الدراسة التي ستتم في المركز الطبي في الجامعة الأميركية في بيروت (AUBMC) حيث سيتمَ حصر استخدام هذه الموافقة الموقّعة ومعها البيانات التي يتمَ جمعها لغايات هذه الدراسة من دون أي استخدام أخر.

ال BPA مادة كيميانية مصنّعة تتعارض مع الهرمونات الطبيعية في الجسم. ومن الممكن العثور عليها في زجاجات من البلاستيك وحاويات المياه والزجاجات وأكواب الأطفال، والحاويات البلاستيكية، والبطانة الداخلية لعلب الطعام والمشروبات. قد يتناول البشر ال BPA إذا انتقل من الحاوية البلاستيكية إلى الطعام أو الشراب في ظل ظروف معينة. ويرتبط استهلاك ال BPA بالأثار الصحية الضارة بما في ذلك أمراض القلب وارتفاع ضغط الدم، ومرض السكري، والتغيرات في الكولسترول، والدهون الثلاثية، ومستوى هرمونات الغدة الدرقية. من الممكن أن مادة ال BPA تؤثر أيضا على المواد الجينية (DNA).

سيقوم الباحثون الميدانيون أصحاب شهادة (CITI) العاملون في شركة "الدولية للمعلومات" (Information International) المتعاقد معها استخدام الطريقة المباشرة لتعيين المشاركين. وسوف يقومون بزيارة المشاركين في مكان إقامتهم لشرح أهداف الدراسة وطريقة التنفيذ. ثم تأخذ موافقة المشاركين وسيتم إعطاء تفاصيل عن تاريخ ووقت الدراسة. و سيتم تسجيل اسم المشارك وتاريخ الميلاد، و أيام الأسبوع المتوافر فيها للمشاركة ورقم هاتف لاتاحة المجال للمتابعة وتحديد التاريخ الدقيق لنقلهم الى المركز الطبي في الجامعة الأميركية في بيروت (AUBMC) وسوف تشمل كل زيارة 10 مشاركين سوف يقومون بالإجراءات المبينة أدناه.

إن مشاركتكم تعني أنَّكم ستقابلون شخصًاً مؤهَّلاً يجري معكم دراسة تتضمّن العديد من الأسئلة حول الوضع الديمغرافي والاجتماعي والاقتصادي (العمر، والجنس، وموقع السكن، والتعليم، والمهنة والدخل)، ونمط الحياة (التدخين، الكحول، القهوة والنشاط البدني)، والحالة الصَّحيَّة (التاريخ الطبي والأدَّوية)، والعادات الغذائية (الاستمارة الغذائية). وعلاوة على ذلك، سوف تخضعون لاختبار بدني لقياس الوزن والطول ومحيط الخصر وضغط الدم، ومعدل ضربات القلب. بالإضافة على ذلك سيتم فحص مستوى السكر بالدم بواسطة الاصبع، ويتضمن وخزة صغيرة واحدة في الاصبع لاخذ أقل من نقطة دم واحدة لإجراء الفحص. كما يطلب منكم الخضوع لسحب الدم الأختبارات الجينية المحددة (الحامض النووي) والفحوصات المخبرية (بما في ذلك مخزون السكر (HbA1c)، نسبة السكر الصباحي في الدم ، الكرياتينين، الدهون، هرمونات الغدة الدرقية (TSH)، خمائر الكبد (SGPT و GGT)، الانسولين، الكرياتينين البولية، الزلالي، فيتامين د (OH vit D), الكورتيزول، الليبتين، البرولاكتين، الببتيد C. وعلاوة على ذلك، سيتم جمع البول لقياس مستويات ال BPA. وسوف تنجز هذه الفحوصات المخبرية مجانا، ولكن في وقت لاحق أثناء الدر اسة.

خلال زيارتك، من المتوقع أن تكون مدة الانتهاء من الإجراءات خلال اليوم الواحد حوالي ساعة ونصف فقط، مقسمة بين 30 دقيقة لسحب الدم وجمع البول, و 60 دقيقة لملء الاستمارات لكل مشارك .ومن المتوقع أن تستغرق الزيارة مدة القصاها، وساعات، بالنظر American University of Beirut إلى أن سيكون هناك مشاركين أخرين يمرون بنفس العملية.

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بعد حوالي سنتين من الزيارة الأولى، سيتم الاتصال بكم هاتفياً لدعوتكم إلى استكمال الجزء الثاني من الدراسة وذلك من خلال زيارة المركز الطبي في الجامعة الأميركية في بيروت (AUBMC) والقيام بنفس الإجراءات التي قمتم بها في الزيارة الأولى.

على الرغم من أن أي دراسة قد تترافق مع مخاطر لا يمكن التنبؤ بها، هذه الدراسة تحمل الحد الأدنى من المخاطر. لا تحمل أي من عمليات جمع البيانات أية مخاطر على المدى الطويل، وسوف يتم سحب الدم ضمن ظروف وقاية صحية صارمة وحجم الدم الإجمالي المطلوب هو 20 سم مكعب. ومن الآثار الجانبية الضئيلة التي من المحتمل أن تصيبكم: ألم معتدل، نزف محدود، رضّة خفيفة في موضع إدخال الإبرة. وقد تحدث في بعض الأحيان حالات إغماء أو دوار خفيف، ولكنّها لا تدوم عادةً أكثر من دقائق قليلة.

ستقدم نتائج جميع الاختبارات التي أجريت مجانأ للمشاركين وذلك عبرالإتصال بهم وتزويدهم بنتائج الفحوصات المخبرية عند انتهانها. وعلاوة على ذلك، سيتم تعويض المشاركين عن نفقات التنقل بمبلغ 30,000 ليرة لبنانية عند وصولهم إلى المركز الطبي في الجامعة الأميركية في بيروت (AUBMC)، كما سيزود المشتركون بوجبة الفطور في ذات اليوم.

إذا وافقت على الإشتراك بهذا البحث سوف تبقى المعلومات سرية. وحدهم الأطباء ودائرة الأخلاقيات والمحققين في المؤسسات العامة يمكنهم الإطلاع على النتائج بناءً لأمر قانوني فقط.

سيتم تخزين كافة البيانات والعينات البيولوجية التي تم جمعها بطريقة سرية. وستتخذ جميع التدابير لضمان عدم حدوث أي خرق لخصوصية المشتركين. وعلاوة على ذلك، سيتم تخزين ما تبقى من عينات الدم والبول بشكل أمن إلى أجل غير مسمى في مختبر الدكتورة ناتالي زغيب خويري في المركز الطبي في الجامعة الأميركية في بيروت (AUBMC). إذا اخترتم سحب موافقتكم من الدراسة، سيتم تدمير العينات الخاصة بك.

بناءً على طلبكم، سوف نزودكم بنتائج الفحوصات الجينية وشرح أهميتها لكم. . سيتم الابقاء على سرية المعلومات.

أود أن أعرف ما إذا كنت على استعداد للمشاركة في هذه الدراسة. لديك الحق في قبول أو رفض المشاركة. في حال رفض المشاركة، لن يكون هنالك أي خسارة للمنافع التي يقدمها المركز الطبي التابع للجامعة الأميركية في بيروت (AUBMC). كما يحق لكم الانسحاب من هذه الدراسة في أي وقت من دون خسارة المنافع التي يقدمها المركز الطبي التابع للجامعة الأميركية في بيروت (AUBMC). أيضاً, يحق للباحث انهاء مشاركتك بهذه الدراسة.

> أوافق على المشاركة في هذه الدراسة والإجراءات المحدّدة أعلاه. y

> > أوافق على أن يتم التواصل معي للدراسات المستقبلية نعم _____ لا _____ لا ____

أوافق على أن يتم التواصل معي إذا كانت نتائج الفحوصات الجينية ذات أهمية طبية Y

استخدام ما تبقى من عينات الدم والبول للدر اسات المستقبلية

نودَ تخزين ما تبقى من عينات الدم والبول لاستخدام محتمل في در اسات مستقبلية. للقيام بذلك، قد يكون هناك في المستقبل متعاونين في الجامعة الأميركية في بيروت، أو في المؤسسات الأخرى في لبنان و/أو خارج لبنان. لن يتمّ أي عمليات وخز إضافية. وسيتمّ "ترميز" عينات الدم المخزنة. (تشير عبارة "ترميز" إلى فابليه المعريف واسعب مي مريم مريم الوحيد الذي يحق له الحصول على يمكن ربطها بمصدر ها عبر استخدام الرموز؛ إلا أنَّ الباحث المسؤول أو المشرف الأساسي هو الوحيد الذي يحق له الحصول على nstitutional Review Board nerican University of Beirut

أوافق على أن يتم استخدام ما تبقى من عينات الدم والبول للدر اسات المستقبلية

X

نعم

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كانون الثاني: 2014

ن مشاركة عينات دمكم المرمزة مع باحثين آخرين لدراسات ذات صلة. ولن يعرف هؤلاء الباحثون هويتكم.

ق على مشاركة عيَّنات دمي المرمَزة مع باحثين أخرين لإجراء دراسات ذات صلة.

إقرار المريض بالمشاركة في البحث:

أنا الموقع أدناه وبعد أن اطلعت واستوعبت كل جوانب هذا البحث وأجبت عن كل أسئلتي أوافق بملئ إر ادتي على المشاركة في هذه الدراسة وأنا على علم تام بأنني أستطيع الإتصال بالدكتور <u>هاني تميم على الرقم 01350000 ا</u>لمقسم <u>5453</u> أو بأي من ممثليه الضالعين بهذه الدراسة وذلك إذا أردت توجيه أي سؤال، كما أنني أعلم أنه فيما لو أن أسئلتي لم يجاوب عليها بطريقة مقتعة يمكنني الإتصال بأحد أعضاء لجنة الأخلاقيات على المقسم <u>5445</u>. كما إنني أعلم أنه فيما لو أن أسئلتي الإنسحاب من المشاركة في هذه الدراسة في أي وقت شئت حتى بعد التوقيع على هذه الوثيقة وإن العناية التي أعلم أنه يتاتر بهذا الإنسحاب وإنني سوف أزود بنسخة عن هذه الوثيقة.

> إسم المريض أو ممثله القانوني/قريبه أو وصيه

التوقيع

التاريخ و الساعة

التوقيع

إسم الشاهد التاريخ و الساعة

إقرار الباحث باستلام التعهد بالإشتراك:

لقد أطلعت بالتفصيل على التعهد بالإشتراك في البحث مع______ (إسم المريض، ممثله القانوني، قريبه، وصيه)، وأفهمت المريض الغاية من هذه الدراسة ومن أخطار ها وفوائدها. لقد أجبت المشترك على جميع الأسئلة التي تقدم بها بوضوح تام وتعهدت له بإعلامه عن أي تغيير يطر أ في موضوع هذا البحث.

التوقيع

إسم الباحث أو ممثل المشترك

التاريخ و الساعة

Institutional Review Board American University of Beirut

17 FEB 2014 APPROVED

كانون الثاني: 2014

رقم البروتوكول: IM.HT.03

APPENDIX III

CONSENT FORM TO PARTICIPATE IN A RESEARCH STUDY (ENGLISH)

Consent to participate in a genetic research study

Assessment of BPA levels and their association with the health status among Lebanese population

 Protocol number: IM.HT.03

 Investigator:
 Dr. Hani Tamim

 Address:
 American University Hospital

 Hamra Street
 Beirut, Lebanon

 Phone:
 (01) 350 000 ext: 5453

Institutional Review Board American University of Beirut 14 FEB 2014

RECEIVED

Site where the study will be conducted: <u>AUBMC</u>

You are being asked to participate in a clinical research study conducted at the American University of Beirut. Please take time to read the following information carefully before you decide whether you want to take part in this study or not. Feel free to ask the representative of the contracted company if you need more information or clarification about what is stated in this form and the study as a whole.

The aim of our study is to measure Bisphenol A (BPA) levels in a representative sample from the Lebanese population residing in Greater Beirut, and to assess if it is related to different diseases. We also would like to see if BPA measures change over time in any person. This study will be composed of 2 stages; at baseline and a 2-year follow up. We will be recruiting approximately 500 subjects and study will be conducted at AUBMC whereby this informed consent along with the data collected will be used for this study only.

BPA is a synthetic chemical that interferes with the natural hormones in the body. It can be found in plastic bottles and water containers, baby bottles and toddler cups, plastic ware, the inner lining of food cans and beverages. Humans may ingest BPA if it leaches from the plastic container into the food or drink under certain conditions. Consumption is associated with adverse health effects including heart disease, high blood pressure, diabetes, changes in cholesterol, triglycerides, and thyroid levels. BPA can also affect the expression of DNA material, called 'epigenetic effect.

The CITI certified field workers employed by the contracted company (Information International) will use the direct approaching method to recruit the cohort. They will visit the respondents in their residence to explain the study aims and method of implementation. Then the respondents will be consented and given the details of the date and time of the study. The name, date of birth, availability on week days and telephone number of the potential participant will be recorded for further follow up to specify the exact date for taking them to AUBMC. Each visit will include 10 participants who will complete the procedures described below.

Participating in this study means that you will sit with a certified research assistant who will conduct a survey which includes multiple questions about the demographic and socioeconomic status (Age, gender, location, education, occupation, income), lifestyle (smdking, alcohol, coffee, physical activity),

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health status (medical history and medication), and dietary habits (Food Frequency Questionnaire). Moreover, you will undergo a physical exam to measure weight, height, waist circumference, blood pressure, and heart rate. Moreover, your blood sugar will be checked by a fingerstick, which means a very small prick will be done to your finger to get less than a drop of blood to do the test. You will also be asked to have blood withdrawn for specific genetic testing (DNA methylation) and clinical laboratory tests (including HBA1c, fasting blood sugar, creatinine, lipid profile, TSH, SGPT, GGT, fasting insulin, urinary creatinine, microalbuminuria, 25 OH vit D, Cortisol, leptine, C-peptide, prolactin). Moreover, urine will be collected for measuring BPA levels. These tests will be done free of charge, but will be done at a later time during the study.

During your visit, the duration for completing the procedures is expected to be for around an hour and a half over one day only, divided between 30 minutes for blood withdrawal and urine collection and 60 minutes for filling the surveys for each participant. Your total visit time to AUBMC is expected to be for a maximum of 3 hours, given that there will be other participants undergoing the same process.

After around 2 years from the baseline visit, you will be contacted by phone to be invited to complete the second part of the study (2-year follow-up stage) by visiting the AUBMC and going through the same process as the one described at baseline.

Although any study may be associated with any unforeseeable risk, this proposal has minimal risk. None of the data collection measures bare any long term hazards, and all blood withdrawal will be done under sterile hygienic conditions and the total volume required is 20 cc. Possible side effects include mild pain, bleeding, bruising at the site of the needle insertion. Fainting or light-headedness can sometimes occur, but usually last only a few minutes.

The results of all tests conducted will be freely provided to the participants by calling them and providing them with the results of the test upon its completion. Moreover, the participants will be compensated for travel expenses with 30,000 LBP upon arriving to AUBMC. In addition, we will provide the participants with breakfast the same day.

If you agree to participate in this research study, the information will be kept confidential. Unless required by law, only the study doctor and designee, the ethics committee and inspectors from governmental agencies will have direct access to your information collected.

All data and biological samples collected will be stored in a confidential manner. These measures will all be conducted ensuring there is no breach of participants' privacy. Moreover, the remaining blood and urine samples will be stored securely indefinitely in Dr. Nathalie Zgheib Khoueiry's laboratory at the AUBMC. If you elect to withdraw your consent for the study, your samples will be destroyed.

You may ask that we provide you with the genetic results and explain their significance to you. The information will be kept confidential. information will be kept confidential. American University of Beirut

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I would like to know if you would be willing to participate in this study. You have the right to accept or decline participation. Refusing to participate will not involve any loss of benefits offered in the future by AUBMC. Moreover, you are entitled to withdraw from the study at any time without any loss of benefits offered by AUBMC at any time.

I agree to participate in this study and the procedures explained above.

YES NO.....

I agree to be contacted for future studies

YES NO.....

I would like to be contacted if the genetic test results are significant

YES NO.....

Using remaining blood and urine for other future studies

We would like to keep the remaining blood and urine samples for potential use in other future studies. To do so, there might be future collaborators at AUB, at other institutions in Lebanon and/or outside Lebanon. There will be no extra prick. The stored blood and urine samples will be coded ("Coded" means identifiable, traceable. Blood and urine samples that are unidentified for research purposes but can be linked to their source through the use of codes; however, the principal investigators or VMP will be the only ones to have the list linking patients to the codes assigned.)

I agree to permit the use of the remaining blood and urine sample for future studies

YES NO.....

Your coded blood and urine samples may be shared with other investigators for related studies. These investigators will not know your identity.

I agree to have my coded blood and urine samples shared with other investigators for related studies.

YES NO.....

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Patient's Participation:

I have read and understood all aspects of the research study and all my questions have been answered. I voluntarily agree to be a part of this research study and I know that I can contact Dr. <u>Hani Tamim</u> at 01350000 extension: <u>5453</u> or any of his/her designee involved in the study in case of any questions. If I felt that my questions have not been answered, I can contact the Institutional Review Board for human rights at 01350000 extension: <u>5445</u>. I understand that I am free to withdraw this consent and discontinue participation in this project at any time, even after signing this form, and it will not affect the care I might receive at AUBMC. I also understand that my participation may be ended by investigator at anytime. I know that I will receive a copy of this signed informed consent.

Name of patient or Legal Representative or Parent/Guardian	Signature	
Date & Time		

Witness's Name

Signature

Date & Time

Investigator's Statement:

Name of Investigator or designee

Signature

Date & Time

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APPENDIX IV

DATA COLLECTION FORM (ARABIC)

تقييم مستويات الBPA وارتب	ها بالحالة الصحية بين السكان اللبنانيين
bree	
الاسم: الاسم:	يكلانهم مراجع المشارك:
	tional Rectain
رهم الهاتف:	Institute Tican 11ml
TED	Amoria 17 Jahr
العوامل الديمو غرافية:	C.F.
تاريخ الميلاد: الجنس: عذ	REin
الحالة الاجتماعية: 🛛 متزوج 🔄 أعزب 🔄 أرمل	مطلق 🛛 خاطب
الاجتماعية والاقتصادية:	
هل كنت مقيم خارج لبنان خلال العام الماضي : نعم	ZK
إذا كانت الإجابة بنعم، المكان	المدة
1 JAN - 15	
מבון ונפסי	·
طبيعة العمل	
	<600\$ 🗆
	600-999\$ 🗆
ما هو دخلك في الأسر ة	1000-2000 \$□
	>2000\$ 🗆
	ם لا أعلم
	 رفضت الإجابة
	🗖 لم التحق بالمدرسة
	 المرحلة الإبتدائية
	المرحلة المتوسطة
ما هو أعلى مستوى تعليمي أكملته؟	المرحلة الثانوية
	دبلوم تعليم تقنى/فنّى
	□ شهادة حامعية
	□ رفضت الاحابة
ما هو عدد الاشخاص الذين يسكنون في منز لكم (بما في ذلك	
الأقارب. أفر اد العائلة أو الخدم الذين يسكنون معك بشكل	
جزئي)؟	
كم عدد الغرف في منز لكم (باستثناء المطبخ و الحمامات	
اوالممرات والجراج والشرافات المفتوجة)	
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[تاريخ التدخين
إذا كان الجواب نعم، كم سيجارة في اليوم؟	□ نعم □ کلا	هل تدخن(ي) السجائر حاليا ؟	
منذ متى؟			السجائر
إذا كان الجواب نعم، متى توقَّفت؟	ם نعم ہ کلا	إذا لا، هل أنت مدخن(ة) سجائر سابق(ة)؟	
اذا كان الحواب نعم، كم نر حيلة في اليه م؟	ا نعر	هل تدخن(ي) النر حللة حاليا ؟	
منذ متري؟			
ی اذا کان الحو اب نعو، متی تو قفت؟	ا نعد	اذا لا، هل أنت مدخن(ة)	النرجيلة / الشيشة
		نرجيلة سابق(ة)؟	
			الكحول
إذا كانت الاجابة نعم، حدد النوع	ا نعم		
كم كوب في اليوم؟ منذ متى؟	ם צג		هل تشرب الكحول حاليا؟
إذا كان الجواب نعم، متى توقَّفت؟	ם نعم _ کلا		هل كنت تشرب الكحول سابقا
			5 511
الذاكان الجدار بنجب كمكور بفي الرم وع	ic		الفهوه
إدا كان الجواب تعم، كم كوب في اليوم:	ں تعم _ کلا		هل تشرب القهوة حاليا؟
			النشاط الددني
أبام في الأسبوع			Ç.
الأنشطة البدنية القوية قضيت على المعدل لممارسة الأنشطة البدنية القوية؟ ات دقانق؟ مهر الماضية، كم عدد الأسابيع التي مارست بها بة القوية؟ أسابيع	 لم أمارس كم من الوقت ساع سال 3 أشخاذ الإنشامة البدنير 	رة مارست الأنشطة البدنية القوية ين الرياضية، أو ركوب ن 10 دقانق أو أي نشاط يتطلب ية بالتنفّس)؟	خلال السبعة أيام الماضية، كم مر مثل رفع الأوز ان الثقيلة، والتمار الدر اجات بسر عة لفترة لا تقل ع الجهد البدني الشاق ويسبب صعو
أيام في الأسبوع الأنشطة البدنية المعتدلة قضيت على المعدل لممارسة الأنشطة البدنية ساعات دقافق؟ به الماضية، كم عدد الأسابيع التي مارست بها بة المعتدلة ؟ أسابيع	 لم أمارس كم من الوقت المعتدلة ؟ خلال ال 3 أمر الأنشطة البدني 	رة مارست الأنشطة البدنية ة، أو ركوب الدراجات، أو اط يتطلب الجهد البدني المعتدل لا تشمل المشي) ؟	خلال السبعة أيام الماضية ، كم ه المعتدلة مثل رفع الأوزان الخفيف ممارس رياضة التنس أو أي نشا ويسبب صعوبة خفيفة بالتنفس (!
اليام في الأسبوع الأنشطة البدنية المعتدلة	الم أمارس		
قضيت على المعدل لممارسة رياضة المشي؟ اتدقانق؟	كم من الوقت ساع	برة مارست رياضة المشي لفترة مل المشي في المنزل و مكان الرياضة أو المتعة	خلال السبعة أيام الماضية ، كم ه لا تقل عن 10 دقانق؟ و هذا يش العمل و المشي للتنقل اليومي أو
مهر الماضية، كم عدد الاسابيع التي مارست رياضه أسابيع	خلال ال 3 الل المشي؟		
ات دقانق؟		ي الفترة الزمنية التي أمضيتها اء مكتب أو خلال زيارة	خلال السبعة أيام الماضية ، ما ه جالسا؟ و هذا يشمل الجلوس ور
مهر الماضية، كم عدد الأسابيع التي اتبعت فيها هذا ت حالسا ؟ أسابيع	خلال ال 3 ألم الكم من الوقت	مُشاهدة التلفاز أو السفر على متن	الأصدقاء أو الجلوس للقراءة أو
		Institution	al Review Duard

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التاريخ الطبي:

مرض الشريان التاجي:		
	ם نعم	في أي سن:
هل لديك أي من أفر اد الأسرة الذين تم تشخيصهم بمرض الشريان	ם צע	
التاجي أو ماتوا فجأة؟	إذا كان الجواب نعم	
	حدد من:	
الم قال الكرمن قال طبيب أنكر أحربته بندية قايرة؟	نعم إذا كان الجواب	نعم، حدد متى:
هن فين لدم من فين طبيب الدم الصبيم بلويد فبيود.	ע אנ	
المنتخب المالية تعديل هيمان تشارين التنابية القارية	انعم إذا كان الجواب	نعم، حدد متى:
س معلمات معليه مبين (مسطره) شرابيين الملب:	ע אנ	
	نعم إذا كان الجواب	نعم، حدد متى:
هن تم وضع رضور (الدعامه):	ע אנ	
	نعم إذا كان الجواب	نعم، حدد متى:
هن حصيف تعمليه جراحية لتعيير سرايين السب:	בצו	

ارتفاع ضغط الدم:

إذا كان الجواب نعم، حدد متى:	🗆 نعم	هل قيل لكم من قبل طبيب أو أحد العاملين في مجال الر عاية
	בע	الصحية أن لديكم ارتفاع ضغط الدم؟
إذا كان الجواب نعم، حدد متى:	🗆 نعم	هل خضعت لقياس ضغط الدم من قبل الطبيب أو أحد مقدمي
حدد النتيجة:	בע	الرعاية الصحية؟
إذا كان الجواب نعم، حدد النوع:	🗆 نعم	
🗆 تعديل نمط الحياة	בצ 🗆	هل تخضعون لأي علاج لارتفاع ضغط الدم؟
الأدوية:		

داء السكري:

-	إذا كان الجواب نعم، حدد متى:	🗆 نعم	هل قيل لكم من قبل طبيب أو أحد العاملين في مجال الر عاية
		בע 🛛	الصحية أنكم تعانون من ارتفاع نسبة السكر في الدم أو من
			مرض السكري؟
	إذا كان الجواب نعم، حدد متى:	🗆 نعم	هل خضعت لقياس نسبة السكر في الدم من قبل طبيب أو العاملين
	حدد النتيجة:	ם צע	في مجال الرعاية الصحية؟
	إذا كان الجواب نعم، حدد النوع:	🗆 نعم	ما يتحد بن ملاحلا بتناع الكر في الدر أو ارد م
	تعديل نمط الحياة	בצ 🗆	هن تحصفون لاي عارج لارتفاع السكر في الدم أو لمرض
	□ الأدوية:		السكري؟

ارتفاع مستوى الدهون في الدم:

	هل قيل لكم من قبل طبيب أو أحد العاملين في مجال الر عاية	🗆 نعم	إذا كان الجواب نعم، حدد متي:	
	الصحية أنكم تعانون من ارتفاع نسبة الكولسترول أو الدهون	בא		
	الثلاثية؟			
1	هل خضعت لقياس الكولسترول من قبل طبيب أو العاملين في	🗆 نعم	إذا كان الجواب نعم، حدد متى:	
	مجال الر عاية الصحية؟	בצ	حدد النتيجة:	
1	فنبما متسواة اواة كاحكم كانستناه	🗆 نعم	إذا كان الجواب نعم، حدد النوع:	
	هن تحصفون ۾ ي عدج ۾ ريفاع ،ريفاع ششو ي اندهون ٿي	טע 🗆	تعديل نمط الحياة	
rut	testitutional Review Board		□ الأدوية:	
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مرض الغدة الدرقية:

إذا كان الجواب نعم، حدد متي:	🗆 نعم	هل قيل لكم من قبل طبيب أو أحد العاملين في مجال الر عاية
حدد طبيعة المرض:	בצ	الصحية أنكم تعانون من مرض الغدة الدرقية؟
إذا كان الجو اب نعم، حدد متى:	🗆 نعم	هل خضعت لقياس هر مونات الغدة الدرقية من قبل طبيب أو
حدد النتيجة:	בא בע	العاملين في مجال الرعاية الصحية؟
إذا كان الجواب نعم، حدد النوع:	🗆 نعم	
 تعديل نمط الحياة 	בצ	هل تخضعون لأي علاج لمرض الغدة الدرقية؟
الأدوية:		
إذا كان الجواب نعم حدد من:	🗆 نعم	هل لديك أي من أفر اد الأسرة الذين تم تشخيصهم بمرض الغدة
	ם צע	الدرقية؟ (أب، أم، اخ، أخت، جد، جدة)

تاريخ أمراض السرطان:

إذا كان الجواب نعم، حدد متي:	🗆 نعم	هل قيل لكم من قبل طبيب أو أحد العاملين في مجال الرعاية
حدد طبيعة المرض:	בצ	الصحية أنكم تعانون من مرض السرطان ؟
إذا كان الجواب نعم، حدد النوع:	🗆 نعم	هل تخضعون لعلاج كيمياني أو أي علاج أخر لمرض
	בצ	السرطان؟
إذا كان الجواب نعم حدد من:	🗆 نعم	هل لديك أي من أفر اد الأسرة الذين تم تشخيصهم بمرض
حدد طبيعة المرض:	בצ	السرطان؟ (أب، أم، اخ، أخت، جد، جدة)

تاريخ الكسور:

هل عانيت من أيّ كسر في العظم؟	ם نعم □ کلا
إذا كان الجواب تعم	حدد أين: العمر عند حصول الكسر: كيف تم الكسر؟ (الوقوع من إرتفاع، حادث سير)

أمراض أخرى:

هل فيل لكم من قبل طبيب أو أحد مقدمي الرعاية الصحية أن لديك أ	اي من الثالي	:.
المحتة الدراخية	🗆 نعم	إذا كان الجواب نعم، حدد متى:
الشكت الذماعية	בצו	
التملية المفاصل	🗆 نعم	إذا كان الجواب نعم، حدد متى:
	בצו 🗆	
التماري الشجري الممانية المذمن أم انتفاخ الرينة	🗆 نعم	إذا كان الجواب نعم، حدد متى:
	בע 🛛	
أبدات الكد	🗆 نعم	إذا كان الجو اب نعم، حدد متى:
المرافق العيد	בצ	

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، من أمراض أخرى؟	ڻ تعاني

زيارة طبيب الأسنان:

إذا كان الجواب نعم، حدد متى:	□ نعم □ کلا	هل قمت بزيارة طبيب الأسنان في العام الماضي؟
إذا كان الجواب نعم، حدد متى:	ם نعم ם کلا	هل تم وضع الحشوات في العام الماضي ؟

الأدوية: (إذا لم تتوفر الأدوية الرجاء الاتصال بالمشترك)

تاريخ بدأ الاستعمال	الجرعه	الاسم (العلامة التجارية و الاسم العام)

مراجعة عامة:

هل شعرت بتغبير في الوزن خلال ال 3 أشه	هر الماضية؟	 □ الوزن مستقر □ وزن مفقود:كانغ □ وزن مكتسب:كانغ
	متى كانت آخر دورة شهرية؟	
1	هل أنت في مرحلة:	إذا في مرحلة قبل انقطاع الطمث:
للدساء فقط	قبل انقطاع الطمث	الدورة الشهرية منتظمة
	 بعد انقطاع الطمث 	 الدورة الشهرية غير منتظمة
	🗆 حب الشباب	
هل تعانين من:	🗆 الشعر انية	

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إستفتاء حول وتيرة إستهلاك الطعام

IRme:	
الحروف الاولى للإسم.	
رقم المشارك:	

اس**تييان وتيرة استهلاك الطعام.** يرجى منك التفكير بالنمط الغذاني الخاص بك الذي اتبعته خلال <mark>العام السابق</mark>. الرجاء تحديد الكمية المتناولة عادةً في اليوم أو الأسبوع أو الشهو لكل من المواد الغذانية التالية

Code			1	1.1			1.2				1.3	1.4		1.5		1.6	1.7	1.8	1.9	2	2.1	2.2	2.3		2.4
الطعام	مثال: ارز، اییض، مطبوخ ارز، اییفر، مطبوخ	جين (حي يحسم المسراد) بقول: عدس، فاصوليا، حمَص، الخ مطبو خة	الخبز والحبوب		خبز أبيض				حبر اسمر او مصنوح من العمج الحامل		تتور / مرقوق	The second se	حبوب المصور، عدي العديد المعدر	منتوجات الكعك		أرز ، أبيض ، مطبوخ	معكرونة، سادة، مطبوخة	قمح، كامل، مطبوخ/بر غل	أرز/ معكرونة مصنوع من القمح الكامل	مشتقات الحليب	حليب قليل الدسم (٢ % دهون)	حليب كامل الدسم	1 21.1 . 11		لين كامل الدسم
مرجع حجم الحصَّة	Side A/ Page 5	Side A/Page 4		رغيف خبز عربي كبير/	رتب جر کی وسر خبز فرنجی (baguette)	توست وسط	رغيف خبز عربي كبير/	رغيف خبز عربي وسط/	خبز فرنجي (baguette)	توست وسط	رغيف	Side A	(علبة صغيرة (35g)	Finger size: small/long Round kaak: small/medium	Page 13	Side A/ Page 5	Side A/ Page 5	Side A/ Page 5	Side A/ Page 5	and a state of the second seco	Side A	Side A	Side A	عيران	Side A
حجم الحضة	1/2 A 11	1.5 cups	Station and																						
في اليوم	-		States in																						
في الأسبوع	3	1						1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		-															
في الشهر																									
ئادراً/أبداً			States and a state of the] Aı	ns	titu	itio	onal Uni	R	ev	rie ity	W Z C	B	oa Be	rc	ut			
											A	I			EE	32	201	4	1		2				

Activity Side Activity		بادر(/!بد!	في الشبهر	في الاسبوع	في اليوم	حجم الحصبه	مرجع حجم الحصنه	الطعام	Code
Activity Control Contro Control Control <							عيران		
Activity in Mark 1000 Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A or B Side A bor Side A or B Side A bor Side A or B Side A or B Side A or B Side A or B							حصة واحدة = مثلت/مربع Side A or B	جبن (غني بالدسم/صفراء)	2.5
Note: Side / Image Image: Image: Ima							حصة واحدة = مثلت/مربع Side A or B	جبن (قليل الدسم/لايت/بيضاء)	2.6
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Andress Side A. Side A. Institution Side A. Side A. Side A. Side A. Side A. <							زبيب (1 ملعقة طحام)، تمر/ مشمش (حبّة واحدة)	فاکھة مجفَّفة: زييب ، تمر مشمش	3.6
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الارتيان Side A/ Page 4 Side A/ Pa	2	ev rs					حبَّة واحدة/ 10 cherry	بندورة، طازجة، حجم وسط	4.3
المراكز	014	ie ity					Side A/ Page 4	ذرة / باز لاء خضر اء، مطبوخة	4.4
المطال المشوية/ مسلوةة/ مهورسة حية و احدة / محدة الحدة ال تقدة الحدة ال		W					Side A/ Page 4	ذرة / بازلاء خضراء، معلبة	4.5
قرئیبط/ ملفوف/ بورگرای Side A/ 1 med. stuffed خان المنبق المنابع الحالي قرئیبط/ ملفوف/ بروگرای Side A/ 1 med. stuffed خان المبنق المبني المبن	4	B					حبة واحدة A Side A	بطاطا مشوية/ مسلوقة/ مهروسة	4.6
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اللحوم ويدانلها Side A/ Page 4 قول: عدس، فلصوليا، حتصمطيوخة/ Side A/ Page 4 قر معلية Side A/ Page 4							Side A	عصير خضار طازج: بندورة/ جزر	4.10
يقول: عدس، فلصوليا، حتصمطيوخة/ Side A/ Page 4 في من المنافعة المنافع المنافعة المنافعة		のないのです。	Same and the second second	Sector Se	State and the state of the stat	and the state of the second	and the second se	اللحوم وبذانلها	5
Side A/ Dared = ==================================							Side A/ Page 4	بقول: عدس، فاصوليا، حمّصمطبوخة/ غير معلبة	5.1
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1							Side A/ Page4	بقول معلَّبة (فول/ فاصوليا) تنك زجاج	5.2



Code	5.3	5.4	5.5	5.6			5.7	5.8	5.9	5.10	5.11	5.12	9	6.1	6.2	6.3	6.4	6.5	6.6	6.7	7	7.1	7.2	73	7.4	7.5		8	8.1
الطعام	مكمترات وبنور: فول سوداني، لوز/جوز ، بنور دوار الشمس	لحم أحمر (بقر، عجل، غنم)	دواجن		سمك / تُعال البحر طازج		سمك، معلَّب (تونا، سردين)	بيضة، كاملة	لحوم الأعضاء (كبد، كلاوي، نخاع)	لحوم باردة: مرتديللا، جانبون، سلامي، حبش، الخ	سجق، مقانق- غير معلب	سجق، مقانق، هوت دوغ - معلّب	الدهون والزيوت	زيت نباتي: ذرة/ دوار الشمس/ صويا	زيت زيتون (يتضمن مع الزعتر)	(i症ci)	्रांस डे	سمن	مايونيز	طحينة	الحلويات	کیلئے، کوکیز ، دونات، مافن، کرواسان	بوظة	لاحشكلا	سكر، عسل، مرتيى، ديس, كريمة شوكولا	cnocolate spread	حلويات عربيه، بفدوه، معمول، هاقه	المشروبات	مشروبات غازيته، عادي
مرجع حجر الحصبة	Side A/ small bag Page 4	Steak - مفروم Steak -Side B/ Thickness	ساق/فنذ/صدر /جو انح Thickness/Side B	Side B/Thickness	عريدس. ۱ وسط كالماري: 1 وسط	كراب: 1 أصبع	تنكة كبيرة/ تنكة صغيرة Page 19	ا بيضة	Side B/ Thickness	شريحة واحدة Side B/ Thickness	حجم مقانق-Side B/ Thickness	حجم مقانق-Side B/ Thickness حجم موت دوغ		Side A	Side A	[حناي	Side A	Side A	Side A	Side A	A STATE OF	Page 14, 15, 16 Side B/ Thickness	1 scoop/ Dage 0 /1 stick	I age 7/1 Sulth لمس الأس الأس الم	Side A	Thickness /Side B	كنافه مع كعك	一日日 二日日 二日日 二日	Side A/ 1 can (330 mL)
حجر الحصبة													「「「「「「」」」															「「「「「「「「「」」」	
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في الاسبوع													and the second se																
في الشبهر																					「「「「「「」」」」							「「「「「「「」」」」	
تادر ١/١بد١													and the second se				41	ln ne	sti	tu ca	tic n	onal Univ	Revers	vię sity	w E	Be	rd	The second se	

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ئادرأ/أبدأ	وع في الشهر	ي اليوم في الأسبو	حجم الحصنة ف	مرجع حجم الحصَّة	الطعام	Code
				Side A/ 1 can (330 mL)	مشروبات غازية ، دايت	8.2
				Side A	قهوة تركية	8.3
				Side A	قهوة/نسكافيه أو شاي	8.4
				Side A	شراب الشوكولا أو الكاكاو الساخن	8.5
				Side A/ 1 bottle	بيرة، عادي	8.6
				Side A	نبيذ: أحمر ، أبيض، أو وردي	8.7
				Side A	الخمور: ويسكى، فودكا، جين، رَم	8.8
				Side A/ bottle (0.5 L)	مياه	8.9
Constant Solution				and the same as a subscription of the same section of the same sec	مأكولات أخرى	6
				منقوشة كبير ة		9.1
				/ bouchee /		
				Side A / Page 4	بطاطا مقلية	9.2
				X/N/N/X/XT	502 IL 1111	9.3
				Page 20	رقنق البضاضا	
				[فلافل، حجم وسط	فلافل دون خبز	9.4
				سندويش، حجم وسط	سندويش شاورما	9.5
				Side B /1 medium	برغر (لحمة، دجاج، سمك)	9.6
				Side B/ Thickness	選」	6.7
				Side A/ Page 3	حساء معلب	9.8
				Side A	كاتشب	9.6
				Side A	خردل	9.10

اولها عادة مرة في الأسبوع على الأقل حجم الحصّة الإعتيادي ح	أطعمة أخرى تتن		
حجم الحصنة الإعتيادي ه	ولها عادة مرة في الأسبوع على الأقل		
لإعتيادي	حجم الحصنة ا		
d	الإعتيادي حد		

مثل: *باتيك، صلصة الكريمه، شوفان ، dink، energy drink، energy drink، التو*ابل الجافة). لا تسجّل الأطعمة التي تم ذكر ها في القسم السابق.

مل هناك أي أطعمة أخرى غير تلك المذكورة أعلاه تتناولها <mark>عادة مرة في الأسبوع على الأقل</mark>؟

10.2. هل تستهاك لحوم الدجاج أو الديك الرومي يدلا من اللحم الأحمر: البقر، العجل، لحم الخذزير، همبر غر، أو السجق؟ ----- نعم ----- لا

1.01. كم مرة تثيل طماءك مع صلصة الطماطم المكونة من الطماطم والنيصل والثوم مع زيت الزيتون؟ ------

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		m	4	5	9	7			∞	6	10	11	12	13]
		مل تدرَّن الأطعمة في حاويات بلاستيكيَّه؟	هل تسفَن الأطعمة في حاويات بلاستيكيَّة؟	مل تتأكد من أنَّ الحاويات البلاستَيكِيَّة التي تستخدمها خالية من مانَّة ال ABPA؟	هل تسغَّن الأطعمة المغلَّفة بنايلون لاصق؟	هل تشرب المياه المعبَّاة في قناني بلاستِيكيَّة؟	1.7 من المياه المعباة في زجاجات البلاستيك أكراب / يوم	7.7 من مبرد المياد: أكواب / بوم	هل تعيد إستخدام قناتي المياه البلاستيكية؟	هل تشرب من قناني مياه قد تركتها في سيّار تك ؟	هل تتناول الطعام خارج المنزل؟ (في المطاعم، في الحانات التي تقدّم وجبات خفيفة، الخ)	كم مرتة في الأسبوع تقوم بشراء الوجبات السريعة والجاهزة (delivery)?	هل تشتري المشروبات الغازية المعباة في علب تنك و في قناني بلاستيكنه؟	طُ تَستَهْلَكُ معجون الطَّماطُم/ رب البندورة المعلبة؟	
دائما	6-7 x/week						P								
معظم الوقت	4- 5x/week														-
مرات قليلة	2-3 x/week														
نادرا	1x/week to 2x/month														
וֹדו/ אל								Ir Am	stitut	iona	al R	lev	ieu	Bo	ard
لاأعرف									AD	02	FE	B 2	2014	DI [seirun

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The second second second	الغذانية

1- هل تعلم ما هو ثناني الفينول أ (BPA) ؟

2- هل أنت على علم بوجود زجاجات بلاستيكية/تابروير خالية من BPA؟

.1 X .1 X 0 0 0 0

اليوم في الأس	الوقت		
م رع	الطعام الذي تناولتيه		
	الكميلة		12
	طريقة التحضير		
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المأخوذ الغذائي خلال الأربع وعشرين ساعة الأخيرة

نرجو منك أن تتذكر ما تتاوليَّه من طعام أو شراب في الأمس منذ نهوضك في الصباح وحتى اليوم التالي.

التاريخ:----/----/-----

	الأمس يو كان الأمس يو - نحم	۔ لاَ، حد - متى كا -
	ماً عادياً؟	: اخر مرة
		ا تناولت فيم
		ا الضعام؟
Institutional R American Unive	eview Board ersity of Beiru	
	Institutional R	Institutional Review Bpard

Physical Exam Form

Name of the participant: Initials		Study ID number:	
		النتائج Results	النطاقات الصحية Healthy ranges
Body weight (kg	الوزن		
Height (cm):	الطول		
BMI:	مؤشر البدانة		18.5-24.9 kg/m ²
س Waist circumference (cm):	قياس دائرة الخم		94 cm (جال ,80 cm) د نساء
Body fat (kg): الجسم	نسبة الدهون في		25% رجال ;32% نساء
Muscle mass (kg): الجسم	نسبة العضل في		33-40% رجال :% 24-30 نساء
Waist to hip ratio: راك	قياس محيط الأو		0.85 رجال ,0.9 نساء
Heart rate:	قياس نبض القلب		60-100 bpm
Blood Pressure – Measurement # 1 1	قياس ضغط الدم		
Systolic blood pressure (mmHg):	العالي		120 mmHg
Diastolic blood pressure(mmHg):	الواطي		80 mmHg
لط الدم Blood Pressure – Measurement # 22	قياس ضنغ		
Systolic blood pressure (mmHg):	العالي		120 mmHg
Diastolic blood pressure(mmHg):	الواطي		80 mmHg

Time of urine collection	
Time of blood withdrawal	

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APPENDIX V

DATA COLLECTION FORM (ENGLISH)

Assessment of BPA levels and their association with the health status among Lebanese population

Name:	Initials:	Study ID number:
Tel number:		Date Dott d
Demographic Factors:	Institutio	TANK CIN ED
Date of birth:		Genderno Males o Females
Marital status: D Married D Sngle	🗆 Widow 🗆 Divor	ced Co Engaged

Socioeconomic:

Have you lived outside Lebanon for the past year:	a No a Yes
If yes, where and for how los	1 <u>8</u>
Which area do you live?	
What do you work?	
What is your income per family:	□ <6600\$ □ 600- 999.9\$ □ 1000-2000\$ □ 2000\$ □ I don't know/ Not sare □ I prefer not to answer
What is your highest level of education?	No schooling Primary school Intermediate school Secondary school Technical diploma University degree I prefer not to answer
What is the total number of individuals living in your house? (Including relatives, family members and maids that frequently live with you on a semi-permanent basis)	
How many rooms are there in your house? (Excluding kitchens, bathrooms, hallways, balconies, and garage)	

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Lifestyle:

Smoking h	istory	19		
-	Do you currently smoke cigarettes?	D No D Yes	If yes, how Sir	v many cigarettes/day? ice when?
Cigarette	If no, are you a previous cigarette smoker?	D No D Yes	If yes, who	en did you stop?
Marchille	Do you currently smoke narghileh?	n No n Yes	If yes, how Sin	v many narghileh/day? ice when?
Narghuen	If no, are you a previous narghileh smoker?	n No n Yes	If yes, whe	en did you stop?
Alcohol				
Do you cur	rently drink alcohol?	ii No ii Yes		
		If yes speci Since when	fy type? 2	How many glasses/week?
Previous dr	inker?	D Yes		If yes, when did you stop?
Coffee				
Do you cun	rently drink coffee?	□ No □ Yes If yes how many cups/day?		ups/day?
Physical ac	tivity		den de la	
you do vigorous physical activities like heavy lifting, aerobics, or fast bicycling for at least 10 minutes (or any activity that take hard physical effort and make you breathe harder than normal)?		None How mac those days hour How mar netivities da	h time in total di doing vigorous p sminute y weeks did you uring the last 3 m	d you usually spend on one of hysical activities? s? spend doing vigorous physical onths?weeks
During the last 7 days, on how many days tid you do moderate physical activities like carrying light loads, bicycling at a regular pace, or tennis or any activity that take hart physical effort and make you breath harder		I None - How muc those days of hour	days/week h time in total dis doing moderate p s minute	d you usually spend on one of shysical activities? s?
than normal)? Do not include walking.		-How many activities du	weeks did you s ring the last 3 m	spend doing moderate physical onths?weeks
During the you walk fe time? This home, walk and any oth sport, exerc	last 7 days, on how many days lid or at least 10 minutes at a includes walking at work and a ing to travel from place to place, er walking that you did solely thr ise or leisure.			
During the l did you esu This incluck visiting frie sitting or ly	ast 7 days, how much time in total ally spend sitting on a week da?? is time spent sitting at a desk, nds, reading traveling on a bus or ing down to watch television.	-How many weeks have you been spending the same time in terms of sitting during the last 3 months?week		

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Medical History:

Coronary artery disease:

Do you have any family member who has been diagnosed with coronary artery disease or cied suddenly?	 No Yes If yes: specify who 	At what age:
Have you been told by a doctor that you had a heart attack?	□ No □ Yes If yes when:	
Did you undergo cardiac catheterization?	No Yes If yes when:	
Was a stent placed?	D No Ves If yes when:	
Did you have coronary heart bypass surger/?	No Yes If yes when:	

Hypertension:

Have you been told by a doctor or a health care worker that you have high blood pressure?	No Ves If yes when:
Have you had your blood pressure measured by a doctor or a health care worker?	□ No □ Yes If yes when? What was it?
Are you taking any treatment for high blood pressure?	No Yes If yes specify: Life style modifications Drugs:

Diabetes Mellitus:

Have you been told by a doctor or a health tare worker that you have raised blood sugar or diabetes?	No Yes If yes when:
Have you had your blood sugar measured by a doctor or a health care worker?	□ No □ Yes If yes when? What was it?
Are you taking any treatment for high blood sugar or diabetes?	No Yes If yes specify: Life style modifications Drugs:

Dyslipidemia:

Have you been told by a doctor or a health :are worker that you have raised cholesterol or triglycerides?	□ No □ Yes If yes when:
Have you had your cholesterol measured by a doctor or a health care worker?	No Ves If yes when? What was it?
Are you taking any treatment for dyslipidenia? Institutio	No Ves If yes specify: D Life style modifications Drugs:

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Thyroid disease:

Have you ever been told by a doctor or ahealth care worker that you have thyroid disease?	□ No □ Yes If yes when? What was the disease?
Have you had your thyroid hormones measured by a doctor or a health care worker?	No Yes If yes when? What was it?
Are you taking any thyroid drug?	No Yes If yes specify:
Do you have any family history of thyroid disease? (Parents, siblings and grandparents)	No Yes If yes specify who:

Cancer history:

Have you ever been told by a doctor or ahealth care worker that you have cancer?	□ No □ Yes If yes when? What was the disease?
Are you taking any chemotherapy or other drug for cancer?	No Yes If yes specify
Do you have any family history of cance? (Parents, siblings and grandparents)	No Yes If yes specify the disease: Specify who:

Fracture history:

Did you ever sustain a fracture?	DNo DYes
If yes:	Where? Age at onset? How did it happen? (fall from height, accident)?

Other diseases:

Have you been told by a doctor or a heal	In care worker that you have any?	
Stroke?	DYes If yes when:	
Arthritis?	DNo Yes If yes when:	
Chronic bronchitis or emphysema?	DNo Yes If yes when:	
Liver disease?	Institutional Review Reard	

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Do you have any	other illnesses?		

Dentist visits:

Have you visited any dentist in the past year?	□ No □ Yes If yes when:	
Did you have any fillings done in the past sear?	No Ves If yes when:	

Medications (if not brought, call the participant later)

Name (brand and generic)	Dost	Date started	
1			

Review of system:

Do you have any we months?	right changes during the last 3	Stable weight Lost weight Gained weight How many Kgs?
	When was your last menstrual period?	
For women:	Are youri preisenopausal ii postmenopausal	If premenopausal do you have
	Do you have? a Acne Instit a Hisatism Americ	utional Review Board

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Physical Exam Form

Name of the participant: ----- Initials:----- Study ID number: -----

		Results Eliza	النطاقات المسمية Healthy ranges
Body weight (kg	الوذن		
Height (cm):	الطول		
BMI: Q	موشر البد		18.5-24.9 kg/w ²
ة الغمن Waist circumference (cm):	الإلىن دائر		94 cm د هال .80 cm نساء
ون في الجسم Body fat (kg):	لسبة الدم		25% رجال ;32% نساء
-ل غن لجسم Muscle mass (kg):	غبية العط		rhui 24-30 %: الم) 33-40%
بطالأور في Waist to hip ratio:	تران محر		0.85 رجال ,0.9 نساد
القلب Heart rate:	قياس نيمتر		50-100 bpm
نط الديز ا # Blood Pressure – Measurement	قياني جنبة		
Systolic blood pressure (mmHg):	العالي		120 mmHg
Diastolic blood pressure(mmHg):	لأوضلى		90 mmHg
ن شاه 3 # Blood Pressure – Measurement	A.A		
Systolic blood pressure (mmHg):	لملي		120 mmHg
Diastolic blood pressure(mmHg):	لأوقطى		50 mmHg

Time of urine collection	
Time of blood withdrawal	Institutional Review Board
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Sleep Habits and Berlin questionnaires

1- How many hours	do you sleep p	er nigt	it on weekda	ys?				
4 hrs or less	5 to 6 hrs	5	10 7 hrs	17	to 8 hrs	8 to 91	irs	9 hrs or more
2- How many hours	do you sleep p	er niet	t on weeken	ds?				
4 hrs or less	5 to 6 hrs	1 5	to 7 hrs.	17	to 8 hrs	8 to 9 h	rs.	9 hrs or more
3- Do you feel that y	ou are not gett	ting en	ough sleep?	-	1.1.2			
Never	Rarely	100	Sometime	5	Freque	ntly		Almost Always
	(17 mont	nj	[(2-47 mor	out)	1 (5-12)	month)		16-307 month)
4- Do you have Trop	uble falling ask	tep?	10.000 - 102		1. 11 Y.			ar. 08
Never	Rarely	Citer.	Sometime	5	Freque	ntiy		Almost Always
100000	(1/mont	h)	(2-4 / mor	uth)	(5-15)	month)	1	16-30 / month)
5. Do you wake on a	turing the nigh	d and i	invo difficult	N PROF	umine dass?	6	_	
Never	Rarely	in a solar i	Sometime	4	Freque	ntly.		Almost Always
	(1/mont)	h)	(2-4 / mor	sth}	(5-15/	month)	. 1	16-30 / month)
6 D								1992/02/02/02/26
 Do you wake up t Never 	Resolution	morri	Sometime	able	to resume sh	eth.		Imart Abunus
Inches	CL/month	63	C-4/mai	uth)	(S.15.)	month)		16-30 / month)
	1 I (I / India	eq.	Lie de min	may	10-07	anabay		(0-50 / lawing
7- Did your doctor t	ell you that you	u have	sleep apnea?	2		_		
Yes	No		1,018 C					
S. Do you sucre?		-					_	
Ves	1 No	-	Don't Key	WINK'	11		_	
1.000	1 1 1 1 1		1 to be to the second		1 10		-	
9- If you snore, your	r saoring is?							
a. Slightly louder breathing	than	b.A tak	us loud as ing		c. Louder the talking	an	d. Ve heard	ry loud-can be I in adjacent room
10. If you snore, has	a offen do you	enors?		-				
a Nearly every	h 3_4 tim	ins a	6.1.2 tim	No di	1 14 1.21	imes a		Navar or navelu
day	week		week	es a	month	111103-11	l n	lever
194	Section and prove		1 more services		See 14			
11- If you snore, has	your snoring o	ever be	thered other	, beet	de?		_	
Yes	No		Don't Kno	WF .				
12- Has anyone noti	ced that you as	it bes	thing during	e slee	0?			
a. Nearly every	b. 3-4 tim	108.8	c. 1-2 time	cs a	d. 1-21	imes a	6	Never or nearly
day	week		week		month		1	ever .
13. How often do so	a feel tired or I	fations.	d after som s	lasen?	14 g.).			
a Nearly every	h 3-4 tim	in try a	c 1.2 time	seep1	1 1 4 1.21	imes a	1	Nour or nearly
day	week		week		month	anno a		ever
	1 1		I was soon					
14- During your wal	king time do yo	u fee	tired, fatigue	dori	ot up to par	?		
a. Nearly every day	b. 3-4 tim week	ics a .	c. 1-2 time week	25 8	d. 1-2 t month	innes a	e 10	. Never or nearly ever
15-Have you ever no	dded off or fal	len ad	een while de	vine	a vehicle?			
Yes	No							
If Rear barren	distant distant and							
no- if yes, now often	b 2 d tim	ne a l	1 a 1 3 alars		11134	Debas o	1.0	Menues on supply
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Name of the participant:

Study ID number:

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Initials:--

Please think about your eating patterns during the past year. Please indicate your assuel inside of each of the following food items per day, week, ar month.

Code	r Food item	Reference Portion	Serving Size	Day	Week	Month	Rarely
	Examples: Disc volto sector/						
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	C.MCCSF, FREEMAR	II STORY I MICRANDO	D1/10 2				and the second se
	Legumes, canned (beams, pears)	Side A/ Page 4	1.5 crups		2		
E	Bread and Cereals						
1.1		I large Arabic loaf					
	The second se	1 medium Arabic loaf					
	Dread, white	I French baguette					Conception of the local division of the loca
		1 putter vier entitie/ surgest					
2)		I large Arabic loaf		and a street			
ne		1 medium Arabic loaf					
Tic	Isrcad, Drown	1 French baguette					
a		1 pain de mie/ toast					Section 1
1.35	Traditional hreads(markouk/tannour)	t toaf					
要店	Breakfast cereals, regular/ sugar conted/	Side A					
Ne ive	chocolate/ bran	Carton (35 g)					
eyie rsit	Kssk	Finger size Small round / Page 13					
115	Rice, white, cocked	Side A/ Pape 5					
雪げ	Pasta/ Noodles, plain, cooked	Side A/ Page 5					
B	Whest/ Bulgur, cooked	Side A/ Page 5					
1	Rice/Pasta/Cereals, whole grain	Side A / Page S					
u	Dairy Products		Contraction of the local diversion of the loc	Contraction of the local distance of the loc	and the second second	and and a second	
11	Milk, skim/low-fat (0-2%)	Side A					
2.2	Milk, whole-fat	Side A.					
2.3	10 1 10 10 10 10 10 10 10 10 10 10 10 10	Side A	and have also	and a second sec	Construction of the second	Concernance of the second s	a naveral second
	Togurt, Invirorhow-fat	Bottled ayran					
2.4	Values and 25	Side A					
	TEI-BIODM *LINETO I	Bottled ayran					

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 | Representation State A State A Dark green or deep yellow (spinach, Swiss Side A/ Page 4 Side A/ Page 4 Dard Green peaks, fresh Side A/ Page 4 Side A/ Page 4 Con / Green peaks, fresh Side A/ Page 4 Side A/ Page 4 Con / Green peaks, fresh Side A/ Page 4 Side A/ Page 4 Con / Green peaks, fresh Side A/ Page 4 Side A/ Page 4 Con / Green peaks, fresh Side A/ Page 4 Side A/ Page 4 Unthorse, baked / boiled maked Side A/ I mediam Side A/ I mediam Lucchniu/ Eggplants, cooked Side A/ Page 4 Side A/ I mediam Dust canned vegetables Side A/ Page 4 Side A/ Page 4 Mushnoon, palmeth, aspangus, etc.) Side A/ Page 4 Side A/ Page 4

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 | Incese, low far / white Cuber triangular portion store A Store A aborb, regular Store A aborb, regular Store A aborb, regular Store A aborb, low far Store A aborb, plane Store A introbe Store A <t< td=""><td>Incent, regular Cuber triangular portion These, low far/ while Cuber triangular portion These, low far/ while Side A There, regular Side A The sea low far Side A The sea and Freat Laise Side A The sea freat Side A The sea freat Side A The figure Side A The sea freat Lean The sea freat Lean <t< td=""><td>Therese, regular/yethow Side B / Thickness Side B / Thickness These, low far / while Side B / Thickness Side B / Thickness Side B / Thickness Side A / Thickness Side A / Thickness Almeh, negalar Side A / Thickness Side A / Thickness Almeh, negalar Side A / Thickness Side A / Thickness Almeh, negalar Side A / Thickness Side A / Thickness Cube triangular pertion Side A / Thickness Side A / Thickness Trust ortange/ grape/fait Side A / Thickness Side A / Thickness Cube triangular pertion Side A / Thickness Side A / Thickness Cube triange/ grape/fait Side A / Thickness Side A / Thickness Cube triange/ grape/fait Side A / Thedium Side A / Thedium Crass Side A / Thedium Side A / Thedium Crass Side A / Thedium Side A / Thedium Crass Side A / Thedium Side A / Thedium Crass Side A / Thedium Side A / Thedium Crass Side A / Thedium Side A / Thedium Crantice Side A / Thedium</td><td>These, regular yellow Side B / Thickness These, low far while Side B / Thickness Side A Side A / Thickness Ather, regular Side A / Thickness Ather Side A / Thickness Ather Side A / The diam Ather Side A / The diam<!--</td--><td>Theree, regular / yellow Side B / Thickness Theree, regular / yellow Cuber triangular portion There, regular Side A There Side A <tr< td=""><td>Inceae, regular / yellow Side B / Thickness Thickness Side B / Thickness Incese, low far / while Side B / Thickness Side B / Thickness Side B / Thickness Incese, low far / while Side B / Thickness Side B / Thickness Side B / Thickness Incese, low far / while Side A / Thickness Side A / Thickness Side A / Thickness Incesh, low far Side A / Thickness Side A / Thickness Side A / Thickness Incesh plan Side A / Thickness Side A / Thickness Side A / Thickness Incesh plan Side A / Thickness Side A / Thickness Side A / Thickness Incesh plan Side A / Thickness Side A / Thickness Side A / Thickness Incesh plan Side A / Thickness Side A / Thickness Side A / Thickness Intersite Side A / Thickness Side A / Thickness Side A / Thickness Intersite Side A / Thickness Side A / Thickness Side A / Thickness Intersite Side A / Thickness Side A / Thickness Side A / Thickness Intersite Side A / Thickness Side A / Thickness Side A / Thick</td><td>Incese, regular / yellow Side A
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 | Incent, regular Cuber triangular portion These, low far/ while Cuber triangular portion These, low far/ while Side A There, regular Side A The sea low far Side A The sea and Freat Laise Side A The sea freat Side A The sea freat Side A The figure Side A The sea freat Lean The sea freat Lean <t< td=""><td>Therese, regular/yethow Side B / Thickness Side B / Thickness These, low far / while Side B / Thickness Side B / Thickness Side B / Thickness Side A / Thickness Side A / Thickness Almeh, negalar Side A / Thickness Side A / Thickness Almeh, negalar Side A / Thickness Side A / Thickness Almeh, negalar Side A / Thickness Side A / Thickness Cube triangular pertion Side A / Thickness Side A / Thickness Trust ortange/ grape/fait Side A / Thickness Side A / Thickness Cube triangular pertion Side A / Thickness Side A / Thickness Cube triange/ grape/fait Side A / Thickness Side A / Thickness Cube triange/ grape/fait Side A / Thedium Side A / Thedium Crass Side A / Thedium Side A / Thedium Crass Side A / Thedium Side A / Thedium Crass Side A / Thedium Side A / Thedium Crass Side A / Thedium Side A / Thedium Crass Side A / Thedium Side A / Thedium Crantice Side A / Thedium</td><td>These, regular yellow Side B / Thickness These, low far while Side B / Thickness Side A Side A / Thickness Ather, regular Side A / Thickness Ather Side A / Thickness Ather Side A / The diam Ather Side A / The diam<!--</td--><td>Theree, regular / yellow Side B / Thickness Theree, regular / yellow Cuber triangular portion There, regular Side A There Side A <tr< td=""><td>Inceae, regular / yellow Side B / Thickness Thickness Side B / Thickness Incese, low far / while Side B / Thickness Side B / Thickness Side B / Thickness Incese, low far / while Side B / Thickness Side B / Thickness Side B / Thickness Incese, low far / while Side A / Thickness Side A / Thickness Side A / Thickness Incesh, low far Side A / Thickness Side A / Thickness Side A / Thickness Incesh plan Side A / Thickness Side A / Thickness Side A / Thickness Incesh plan Side A / Thickness Side A / Thickness Side A / Thickness Incesh plan Side A / Thickness Side A / Thickness Side A / Thickness Incesh plan Side A / Thickness Side A / Thickness Side A / Thickness Intersite Side A / Thickness Side A / Thickness Side A / Thickness Intersite Side A / Thickness Side A / Thickness Side A / Thickness Intersite Side A / Thickness Side A / Thickness Side A / Thickness Intersite Side A / Thickness Side A / Thickness Side A / Thick</td><td>Incese, regular / yellow Side A
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| alad, green lettoce, mint, cucumber, green
seprer, rocket, purslame, etc.
Dark green or deep yellow (spinach, Swiss
Side A/ Page 4
Comid, Jew Sandow, carnots.)
Iomanoes, thesh
Com / Green petas, fresh
Com / Green petas, cranted
Side A/ Page 4
Cuthores, baked / boiled mashed
Side A/ Page 4
Cuthores, palmetto, aspanagus, atc.)
Side A/ Page 4
Mushrocom, palmetto, aspanagus, atc.)
Side A/ Page 4
Cuthore and Meet Alternatives
 | Salad, green: lettoce, minc, cucumber, green Side A/ Page 8 Septer, nocket, parsiane, ekc. Side A/ Page 4 Oark green or deep yellow (spinach, Swiss Side A/ Page 4 Oark Jewes, fresh Side A/ Page 4 Com / Green peas, fresh Side A/ Page 4 Com / Green peas, fresh Side A/ Page 4 Com / Green peas, canned Side A/ Page 4 Com / Green peas, canned Side A/ Page 4 Com / Green peas, canned Side A/ Page 4 Com / Green peas, canned Side A/ Page 4 Com / Green peas, canned Side A/ Page 4 Continue (spinats, cooked Side A/ Page 4 Outschnung Side A/ Page 4 Mustroon, canned Side A/ Page 4 Outschnung Side A/ Page 4 Outschnung<
 | alad, green lettoce, mint, cucumber, green
septer, rocket, parslane, etc.
Dark green or deep yellow (spinach, Swiss
Marth, Jew's mellow, tarrotts.)
Chard, Jew's mellow, tarrotts.)
Side A/ Page 4
Com Green peak, carned
Side A/ Page 4
Com Green peak, carned
Side A/ Page 4
Com Green peak, carned
Side A/ Page 4
Continees, bakked / boiled' mashed
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Continees, bakked / boiled' mashed
Si
 | allad, green: lettoce, mint, cucumber, green Side A' Page % septer, rocket, pursiane, ec.
Side A' Page % burk green or deep yellow (spinsch, Swiss Side A' Page 4 burk die weiten Side A' Page 4 ontanted, Jew's mellow, carrots) I medium / I0 cherry oom / Green pets, fresh Side A' Page 4 com / Green pets, fresh Side A' Page 4 com / Green pets, carned Side A' Page 4 com / Green pets, carned Side A' Page 4 com / Green pets, carned Side A' Page 4 conification Side A' Page 4 futureor Side A' Page 4 futureor Side A' Page 4 Musthroom, pelmetio, aspangus, etc.) Side A' Page 4 Musthroom, pelmetio, sepangus, etc.) Side A'
 | Inese, low far / white Cube/ triangular portion Cube/ triangular portion Note that the state of the
 | Increat, regular Jone Or Interess These, low far / white Side A Side A Side A <td>These, regular yelow Side B / Thickness Nickness Check, regular yelow Ede A fangular portion Side B / Thickness Side B / Thickness Side B / Thickness Side B / Thickness Abnch, regular Side B / Thickness Side B / Thickness Side B / Thickness Side A / Thickness Side A / Thickness Abnch, low far Side A / Thickness Side A / Thickness Side A / Thedium Side A / Thedium Side A / Thedium Carsoberries Side A / Thedium Side A / Thedium Side A / Thedium Side A / Thedium Side A / Thedium Carsoberries Side A / Thedium Side A / Thedium Side A / Thedium Side A / Thedium Side A / Thedium Carsoberries Side A / Thedium Side A / Thedium Side A / Thedium Side A / Thedium Side A / Thedium Carsoberries Side A / Thedium Side A / Thedium Side A / Thedium Side A / Thedium Side A / Thedium Carsoberries Side A / Thedium Side A / Thedium Side A / Thedium Side A / Thedium Side A / Thed</td> <td>These, regular / yellow Side B / Thickess These, regular / yellow Euber/ triangular portion Side B / Thickess Euber/ triangular portion Ahneh, regular Side B / Thickess Ahneh, regular Side B / Thickess Ahneh, regular Side A Ahneh, regular Side A Side A Side A Inns, kow far Side A Side A Side A Inns Side A / I medium Eurohencies Side A / I med</td> <td>Theree, regular / yellow Side B / Thickness Theree, regular / yellow Cuber triangular portion Theree, low far / while Side A There regular Side A The regular</td> <td>Incese, regular / yellow Side B / Thickness Interest Incese, low far / white Cube' triangular portion Side A Side A Side A Side A Side A Side A Side A Side A Side A Side A Abneh, regular Side A / 1 median Side A / 1 median reuth, plum, punes Side A / 1 median Side A / 1 median transherries Side A / 1 median Side A / 1 median transherries Side A / 10 grapes Side A / 1 median transherries Side A / 1 median Side A / 1 median transherries Side A / 1 median Side A / 1 median transherries Side A / 1 median Side A / 1 median transherries Side A / 1 median Side A / 1 median transherries Side A / 1 median Side A / 1 median transherries</td> <td>Incese, regular / yellow Side B / Thickness Incese, low far / while Side A Side A Side A Incese, low far / while Side A Side A Side A Intell plan, poutes Side A / I medium Event, plane Side A / I medium Event Side A / I medium</td> <td>These, regular / yellow Side A Cheese, low far / white Side A Cheese, low far / white Side A Cheese, low far / white Side B / Thickness Cheese, low far / white Side A Side A Side A Side A<</td> <td>heree, regular / yellow Side A Thickness heree, regular / yellow Side B / Thickness Cube/ triangular portion heree, low far / white Side A Side A abneh, regelar Side A Side A abneh, regelar Side A Side A abneh, regelar Side A Side A side A Side A Side A side A Side A Side A rensity, panes Side A / I medium Side A / I medium transberries Side A / I medium Side A / I medium transberries Side A / I medium Side A / I medium transberries Side A / I medium Side A / I medium transberries Side A / I medium Side A / I medium transberries Side A / I medium Side A / I medium transberries Side A / I medium Side A / I medium transberries Side A / I medium Side A / I medium transberries Side A / I medium Side A / I medium transberries Side A / I medium Side A / I medium</td>
 | These, regular yelow Side B / Thickness Nickness Check, regular yelow Ede A fangular portion Side B / Thickness Side B / Thickness Side B / Thickness Side B / Thickness Abnch, regular Side B / Thickness Side B / Thickness Side B / Thickness Side A / Thickness Side A / Thickness Abnch, low far Side A / Thickness Side A / Thickness Side A / Thedium Side A / Thedium Side A / Thedium Carsoberries Side A / Thedium Side A / Thedium Side A / Thedium Side A / Thedium Side A / Thedium Carsoberries Side A / Thedium Side A / Thedium Side A / Thedium Side A / Thedium Side A / Thedium Carsoberries Side A / Thedium Side A / Thedium Side A / Thedium Side A / Thedium Side A / Thedium Carsoberries Side A / Thedium Side A / Thedium Side A / Thedium Side A / Thedium Side A / Thedium Carsoberries Side A / Thedium Side A / Thedium Side A / Thedium Side A / Thedium Side A / Thed
 | These, regular / yellow Side B / Thickess These, regular / yellow Euber/ triangular portion Side B / Thickess Euber/ triangular portion Ahneh, regular Side B / Thickess Ahneh, regular Side B / Thickess Ahneh, regular Side A Ahneh, regular Side A Side A Side A Inns, kow far Side A Side A Side A Inns Side A / I medium Eurohencies Side A / I med | Theree, regular / yellow Side B / Thickness Theree, regular / yellow Cuber triangular portion Theree, low far / while Side A There regular Side A The regular
 | Incese, regular / yellow Side B / Thickness Interest Incese, low far / white Cube' triangular portion Side A Side A Side A Side A Side A Side A Side A Side A Side A Side A Abneh, regular Side A / 1 median Side A / 1 median reuth, plum, punes Side A / 1 median Side A / 1 median transherries Side A / 1 median Side A / 1 median transherries Side A / 10 grapes Side A / 1 median transherries Side A / 1 median Side A / 1 median transherries Side A / 1 median Side A / 1 median transherries Side A / 1 median Side A / 1 median transherries Side A / 1 median Side A / 1 median transherries Side A / 1 median Side A / 1 median transherries | Incese, regular / yellow Side B / Thickness Incese, low far / while Side A Side A Side A Incese, low far / while Side A Side A Side A Intell plan, poutes Side A / I medium Event, plane Side A / I medium Event Side A / I medium
 | These, regular / yellow Side A Cheese, low far / white Side A Cheese, low far / white Side A Cheese, low far / white Side B / Thickness Cheese, low far / white Side A Side A Side A Side A< | heree, regular / yellow Side A Thickness heree, regular / yellow Side B / Thickness Cube/ triangular portion heree, low far / white Side A Side A abneh, regelar Side A Side A abneh, regelar Side A Side A abneh, regelar Side A Side A side A Side A Side A side A Side A Side A rensity, panes Side A / I medium Side A / I medium transberries Side A / I medium Side A / I medium transberries Side A / I medium Side A / I medium transberries Side A / I medium Side A / I medium transberries Side A / I medium Side A / I medium transberries Side A / I medium Side A / I medium transberries Side A / I medium Side A / I medium transberries Side A / I medium Side A / I medium transberries Side A / I medium Side A / I medium transberries Side A / I medium Side A / I medium |
| Agetables abld, green lettuce, mint, cuoumber, green Side A/ Page 8 abper, rocket purstann, etc. Side A/ Page 8 are preser, forcient perstand, etc. Side A/ Page 8 and green lettuce, mint, cuoumber, green Side A/ Page 8 are preser, foreit perstand, etc. Immedium / 10 cherry On / Green perse, fresh Side A/ Page 4 Om / Green perse, fresh Side A/ Page 4 Om / Green perse, fresh Side A/ Page 4 Om / Green perse, fresh Side A/ Page 4 Om / Green perse, fresh Side A/ Page 4 Outlinest, baited Side A/ Page 4 Outline canned vegtables Side A/ Page 4 Mushroom, palmetu, spanagu, etc.) Side A/ Side A/ Page 4 Inter canned vegtables
 | Vegetables Salid, green: lettuce, mint, cucumber, green Side A/ Page 8 Sepper, rocket, purstam, etc. Side A/ Page 8 Sepper, rocket, purstam, etc. Side A/ Page 8 Sepper, rocket, purstam, etc. Side A/ Page 8 Chrint, Jew's strobow, carrots) I medium / IO cherry Com / Green peak, fresh Side A/ Page 4 Com / Green peak, carrots) I medium / IO cherry Com / Green peak, carrots) I medium / IO cherry Com / Green peak, carrots) I medium / IO cherry Com / Green peak, carrots Side A/ Page 4 Condin Green peak, carrots Side A/ I medium Ducchnin Eggplanst, tooked Side A/ I medium Ducchnin Eggplanst, tooked Side A/ Page 4 Musthroom, palmetu, separagus, etc) Side A/ Page 4 Musthroom, palmetu, separagus, etc) Side A Vegetable Juice, fresh Side A
 | Agetables allot, green lettuce, mint, cucumber, green Side A' Page 8 allot, green lettuce, mint, cucumber, green Side A' Page 8 Onth green codes prelione, carnots. It medium / 10 cherry Onto Green petas, fresh Side A' Page 4 Onto Green petas, conted Side A' Fage 4 Ontores, thesh Side A' Page 4 Ontore canned Side A' Page 4 Onter canned vegetables Side A' Page 4 Onter canned vegetables Side A' Page 4 Mushnoon, palmeth, separatus, etc.) Side A' Page 4

 | Agetables while, green lettuce, mire, cucumber, green Side A/ Page 8 perfer, rocket, parclane, etc. Side A/ Page 8 Dark green of deep yellow (spinach, Swiss Side A/ Page 4 Dark green of deep yellow (spinach, Swiss Side A/ Page 4 Dark (stere peak, family) I medium / 10 cherry Oan / Green peak, fresh Side A/ Page 4 Oan / Green peak, fresh Side A/ Page 4 Oan / Green peak, canned Side A/ Page 4 Oan / Green peak, canned Side A/ Page 4 Outsics, baked / bolied mathed Side A/ I medium Lochinii (Eggplanas, cooked Side A/ Page 4 Diter centred vegstaples Side A/ Page 4 Mushrooca, palmetio, aspangus, etc.) Side A/ Page 4 Mushrooca, palmetio, aspangus, etc.) Side A/ Page 4
 | Inese, low far / white Cube/ triangular portion Stde A Stde A ahneh, negalar Stde A ahneh, kow far Stde A furst sand Fwait Asies Stde A furst sand Fwait Asies Stde A / 1 medium furst sand Fwait Asies Stde A / 10 grapses fransberries Stde A / 10 grapses f
 | Incode trangular portion State A Thickness Cubes frangular portion State A State A State A State A State A Abneh, regalar State A State A Cube transgular portion State A State A Anne, kontex State A / 1 medium State A / 1 medium Cube transular State A / 1 medium State A / 1 medium Cube transular State A / 1 medium State A / 1 medium Cube transular State A / 1 medium State A / 1 medium Cubes State A / 1 medium State A / 1 medium Cubes State A / 1 medium State A / 1 medium Cubes State A / 1 medium State A / 1 medium Cubes State A / 1 medium State A / 1 medium Cubes State A / 1 medium State A / 1 medium Cubes State A
 | These, regular / yellow Side B / Thickness These, low far / white Cube/ triangular portion Side B / Thickness Side B / Thickness abneh, regular Side B / Thickness Side B / Thickness Side B / Thickness abneh, kow far Side A beeh print Side A faraoherries Side A faraoherries Side A faraoherries Side A faraoherries Side A faranoherries Side A
 | These, regular / yellow Side B / Thickess These, low far / while Cubre/ triangular portion Side B / Thickness Side B / Thickness abneh, regular Side A abneh, regular Side A abneh, kow far Side A bern / Indiam Side A bern / Apples Side A bried Fruits
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 | Incese, regular / yellow Side B / Thickness Incese, low far / white Side B / Thickness Side A Side A Incese, low far / white Side A Side A Side A abmeh, regular Side A side A Imedium resch, plum, prunes Side A / 1 medium resch, plum, prunes Side A / 10 grapes reanar/ Apples Side A / 10 grapes reanared | Intese, regular / yellow Side B / Thickness intese, low far / white Side B / Thickness Side A Side B / Thickness abmeh. regular Side B / Thickness Side A Side A / Inclusion abmeh. regular Side A / Inclusion abmeh. regular Side A / Inclusion abmeh. regular Side A / Inclusion side A / Inclusion Side A / Inclusion intros orange/ graper Side A / Inclusion intros orange/ grapes Side A / Inclusion intros orange/ grapes Side A / Inclusion intros fraiting Total intil juice freeh Icon intil juice, thended Icon intil juice, thended Icon intil juice, thended Icon intil juice, thended Icon | These, regular / yellow Side A These, regular / yellow Side B / Thickness Cubes, low far / white Side B / Thickness Side A Side B / Thickness Side A Side A Diversition Side A Side A
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| regetables Side A/ Page 8 salad, green letroce, min, cucumber, green Side A/ Page 8 septer, rocket, pursians, etc. Side A/ Page 4 Dark green or deep yellow (spinnech, Swiss Side A/ Page 4 Dark green or deep yellow (spinnech, Swiss Side A/ Page 4 Dark green or deep yellow (spinnech, Swiss Side A/ Page 4 Dark green or deep yellow (spinnech, Swiss Side A/ Page 4 Orn / Green peak, fresh Side A/ Page 4 Com / Green peak, anned Side A/ Page 4 Om / Green peak, anned Side A/ Page 4 On / Green peak, anned Side A/ Page 4 Out of Green peak, anned Side A/ Page 4 Out of Green peak, anned Side A/ Page 4 Out of Green peak, anned Side A/ Page 4 Out of Green peak, anned Side A/ Page 4 Out of Green peak, anned Side A/ Page 4 Out of Green peak, anned Side A/ Page 4 Out of Green peak, anned Side A/ Page 4 Out of Green peak, anned Side A/ Page 4 Out of Green peak, anned Side A/ Page 4 Out of Green peak, anned Side A/ Page 4 Out of Green peak, anned Side A/ Page 4 Out of Green peak, anned Side A/ Page 4 Out of Green peak, anned Side A/ Page 4 Out of Gr
 | vegetables Side A/ Page 8 salad, green letrace, mint, cucumber, green Side A/ Page 8 septer, rocket, purstane, etc. Side A/ Page 8 Dark green or deep yellow (spinnech, Swiss Side A/ Page 4 Dark green or deep yellow (spinnech, Swiss Side A/ Page 4 Dark green or deep yellow (spinnech, Swiss Side A/ Page 4 Ontrol, freen peins, fresh Side A/ Page 4 Conn / Green peas, carnold Side A/ Page 4 Conn / Green peas, carnold Side A/ Page 4 Ontrol of the point / Bagelants, cooled Side A/ Page 4 Duchnini Eggplants, cooled Side A/ Page 4 Duchnini Eggplants, cooled Side A/ Page 4 Muthrower Cathbage Broccoff Side A/ Page 4 Muthrower Cathbage A/ Fold Side A/ Page 4 Muthrower Cathbage Broccoff Side A/ Page 4 Muthrower Cathbage A/ Fold Side A/ Page 4 <td>orgetables Side A/ Page 8 salad, green: lettrace, mirr, cucumber, green Side A/ Page 8 septer, rocket, purstane, etc. Side A/ Page 8 Dark green or deep yellow (spinneh, Swiss Side A/ Page 4 Dark green or deep yellow (spinneh, Swiss Side A/ Page 4 Dark green or deep yellow (spinneh, Swiss Side A/ Page 4 Om Constraine, tech Side A/ Page 4 Om Green peak, canned Side A/ Page 4 On former Cabhage Broccoli Side A/ Page 4 Other canned vegatables Side A/ Page 4 Onter canned vegatables Side A/ Page 4 Other canned vegatables Side A/ Page 4 Other canned vegatables Side A/ Page 4 Other canned vegatables Side A/ Page 4</td> <td>Appetables Cogetables iabld, green: lettuce, mint, cucumber, green Side A/ Page 8 septer, rocket, purstanes, etc. Side A/ Page 8 hard, Jave's mellow, carrots. Imedium / IO cherry hard, Jave's mellow, carrots. Imedium / IO cherry commons, thesh Side A/ Page 4 com / Green pets, tresh Side A/ Page 4 com / Green pets, stanned Side A/ Page 4 com / Green pets, stanned Side A/ Page 4 controles, thesh Side A/ Page 4 controles, pathage Broccoff Side A/ Page 4 Multinocost, pathagu, etc.) Side A/ Page 4 Multinocost, pathetia, appragu, etc.) Side A/ Page 4</td> <td>Cube/ triangular portion Cube/ triangular portion Incese, low far / white Stde A Stde A Stde A ahnch, how far Stde A firth sand Frait Juites Stde A / 1 medium firth softwares Stde A / 1 medium kranderries Stde A / 1 medium kranderries Stde A / 1 medium kranderries Stde A / 1 medium brind Fruits Stde A / 1 medium Kastinger Libbis Stde A / 1 medium Kastinger Libis Stde A / 1 medium <td>Increat, regular Jone of transgular portion Stde A Stde A Abneh, regelar Stde A Stde A Stde A Abneh, regelar Stde A Stde A Stde A Abneh, regelar Stde A Abneh, regelar Stde A Stde A Stde A Abneh, regelar Stde A Stde A Stde A Stde A<td>These, regular / yellow Side B / Thickness These, low far / white Cube / triangular portion Side A Side A ahneh, regular Side A ahneh, kow far Side A / 1 medium fartas Side A / 1 medium bried Fruits Side A / 1 medium fartas Side A / 1 medium bried Fruits Side A / 1 medium fartas Side A / 1 medium</td><td>Theose, regular / yellow Side B / Thickness Theose, low far / while Cube (triangular portion Side A Side A Abneh, regular Side A Abneh, regular Side A Abneh, regular Side A Abneh, kow far Side A Abneh Side A Abneh Side A Abneh Side A Abneh Side A Abneh<td>Theree, regular / yellow Side B / Thickness Theree, regular / while Cub/ triangular portion Side A Side A Abneh, regular Side A / 1 medium Caroberries Side A / 1 medium Pach, plum, prunes Side A / 1 medium Pach Apples Side A / 1 medium Print Apples Side A / 1 medium Print Apples Side A / 1 medium Print Juice, fresh Side A / 1 me</td><td>Incese, regular / yellow Side B / Thickness Incese, low far / white Side B / Thickness Side A / Side B / Thickness Side A / Side A / Side A / Side A / abneh, regular Side
A / abneh, regular Side A / Side A / Side A / abneh, regular Side A / reuth, prunes Side A / reuth Side A /</td><td>heese, regular / yellow Side B / Thickness heese, low far / while Cubel triangular portion Side A Side B / Thickness abneh, regular Side B / Thickness abneh, kow far Side A / In medium abneh, kow far Side A / I medium resch, plum, prunes Side A / I medium terso frangel grapefrait Side A / I medium terso frank Side A / I medium ters</td><td>These, regular / yellow Side A Thickness Cheese, low far / while Side A Thickness Side A Side A Thickness Cheese, low far / while Side A Side A Side A Side A Side A Side A Side A Side A Side A Side A Side A Chros orange/ graperform Side A Side A Chros orange/ graperform Side A / I medium Side A / I medium Side A / I medium Oriod Fruits Side A / I medium Or</td><td>heese, regular / yeltow Side A heese, regular / yeltow Cube/ triangular portion Cube/ triangular portion Cube/ triangular portion Aheese, low far / white Side A Side A Side A Aheeb, regular Side A Aheeb, low far Side A Aheeb, regular Side A Aheeb, low far Side A Aheeb, regular Side A Aheeb, low far Side A Aherbornics Side A Side A / I medium Side A / I medium Annoherries Side A / I medium Introbes Side A / I medium Annoherries Side A / I medium Introbes Side</td></td></td></td> | orgetables Side A/ Page 8 salad, green: lettrace, mirr, cucumber, green Side A/ Page 8 septer, rocket, purstane, etc. Side A/ Page 8 Dark green or deep yellow (spinneh, Swiss Side A/ Page 4 Dark green or deep yellow (spinneh, Swiss Side A/ Page 4 Dark green or deep yellow (spinneh, Swiss Side A/ Page 4 Om Constraine, tech Side A/ Page 4 Om Green peak, canned Side A/ Page 4 On former Cabhage Broccoli Side A/ Page 4 Other canned vegatables Side A/ Page 4 Onter canned vegatables Side A/ Page 4 Other canned vegatables Side A/ Page 4 Other canned vegatables Side A/ Page 4 Other canned vegatables Side A/ Page 4
 | Appetables Cogetables iabld, green: lettuce, mint, cucumber, green Side A/ Page 8 septer, rocket, purstanes, etc. Side A/ Page 8 hard, Jave's mellow, carrots. Imedium / IO cherry hard, Jave's mellow, carrots. Imedium / IO cherry commons, thesh Side A/ Page 4 com / Green pets, tresh Side A/ Page 4 com / Green pets, stanned Side A/ Page 4 com / Green pets, stanned Side A/ Page 4 controles, thesh Side A/ Page 4 controles, pathage Broccoff Side A/ Page 4 Multinocost, pathagu, etc.) Side A/ Page 4 Multinocost, pathetia, appragu, etc.) Side A/ Page 4
 | Cube/ triangular portion Cube/ triangular portion Incese, low far / white Stde A Stde A Stde A ahnch, how far Stde A firth sand Frait Juites Stde A / 1 medium firth softwares Stde A / 1 medium kranderries Stde A / 1 medium kranderries Stde A / 1 medium kranderries Stde A / 1 medium brind Fruits Stde A / 1 medium Kastinger Libbis Stde A / 1 medium Kastinger Libis Stde A / 1 medium <td>Increat, regular Jone of transgular portion Stde A Stde A Abneh, regelar Stde A Stde A Stde A Abneh, regelar Stde A Stde A Stde A Abneh, regelar Stde A Abneh, regelar Stde A Stde A Stde A Abneh, regelar Stde A Stde A Stde A Stde A<td>These, regular / yellow Side B / Thickness These, low far / white Cube / triangular portion Side A Side A ahneh, regular Side A ahneh, kow far Side A / 1 medium fartas Side A / 1 medium bried Fruits Side A / 1 medium fartas Side A / 1 medium bried Fruits Side A / 1 medium fartas Side A / 1 medium</td><td>Theose, regular / yellow Side B / Thickness Theose, low far / while Cube (triangular portion Side A Side A Abneh, regular Side A Abneh, regular Side A Abneh, regular Side A Abneh, kow far Side A Abneh Side A Abneh Side A Abneh Side A Abneh Side A Abneh<td>Theree, regular / yellow Side B / Thickness Theree, regular / while Cub/ triangular portion Side A Side A Abneh, regular Side A / 1 medium Caroberries Side A / 1 medium Pach, plum, prunes Side A / 1 medium Pach Apples Side A / 1 medium
Print Apples Side A / 1 medium Print Apples Side A / 1 medium Print Juice, fresh Side A / 1 me</td><td>Incese, regular / yellow Side B / Thickness Incese, low far / white Side B / Thickness Side A / Side B / Thickness Side A / Side A / Side A / Side A / abneh, regular Side A / abneh, regular Side A / Side A / Side A / abneh, regular Side A / reuth, prunes Side A / reuth Side A /</td><td>heese, regular / yellow Side B / Thickness heese, low far / while Cubel triangular portion Side A Side B / Thickness abneh, regular Side B / Thickness abneh, kow far Side A / In medium abneh, kow far Side A / I medium resch, plum, prunes Side A / I medium terso frangel grapefrait Side A / I medium terso frank Side A / I medium ters</td><td>These, regular / yellow Side A Thickness Cheese, low far / while Side A Thickness Side A Side A Thickness Cheese, low far / while Side A Side A Side A Side A Side A Side A Side A Side A Side A Side A Side A Chros orange/ graperform Side A Side A Chros orange/ graperform Side A / I medium Side A / I medium Side A / I medium Oriod Fruits Side A / I medium Or</td><td>heese, regular / yeltow Side A heese, regular / yeltow Cube/ triangular portion Cube/ triangular portion Cube/ triangular portion Aheese, low far / white Side A Side A Side A Aheeb, regular Side A Aheeb, low far Side A Aheeb, regular Side A Aheeb, low far Side A Aheeb, regular Side A Aheeb, low far Side A Aherbornics Side A Side A / I medium Side A / I medium Annoherries Side A / I medium Introbes Side A / I medium Annoherries Side A / I medium Introbes Side</td></td></td> | Increat, regular Jone of transgular portion Stde A Stde A Abneh, regelar Stde A Stde A Stde A Abneh, regelar Stde A Stde A Stde A Abneh, regelar Stde A Abneh, regelar Stde A Stde A Stde A Abneh, regelar Stde A Stde A Stde A Stde A <td>These, regular / yellow Side B / Thickness These, low far / white Cube / triangular portion Side A Side A ahneh, regular Side A ahneh, kow far Side A / 1 medium fartas Side A / 1 medium bried Fruits Side A / 1 medium fartas Side A / 1 medium bried Fruits Side A / 1 medium fartas Side A / 1 medium</td> <td>Theose, regular / yellow Side B / Thickness Theose, low far / while Cube (triangular portion Side A Side A Abneh, regular Side A Abneh, regular Side A Abneh, regular Side A Abneh, kow far Side A Abneh Side A Abneh Side A Abneh Side A Abneh Side A Abneh<td>Theree, regular / yellow Side B / Thickness Theree, regular / while Cub/ triangular portion Side A Side A Abneh, regular Side A / 1 medium Caroberries Side A / 1 medium Pach, plum, prunes Side A / 1 medium Pach Apples Side A / 1 medium Print Apples Side A / 1 medium Print Apples Side A / 1 medium Print Juice, fresh Side A / 1 me</td><td>Incese, regular / yellow Side B / Thickness Incese, low far / white Side B / Thickness Side A / Side B / Thickness Side A / Side A / Side A / Side A / abneh, regular Side A / abneh, regular Side A / Side A / Side A / abneh, regular Side A / reuth, prunes Side A / reuth Side A /</td><td>heese, regular / yellow Side B / Thickness heese, low far / while Cubel triangular portion Side A Side B / Thickness abneh, regular Side B / Thickness abneh, kow far Side A / In medium abneh, kow far Side A / I medium resch, plum, prunes Side A / I medium terso frangel grapefrait Side A / I medium terso frank Side A / I medium ters</td><td>These, regular / yellow Side A Thickness Cheese, low far / while Side A Thickness Side A Side A Thickness Cheese, low far / while Side A Side A Side A Side A Side A Side A Side A Side A Side A Side A Side A Chros orange/ graperform Side A Side A Chros orange/ graperform Side A / I medium Side A / I medium Side A / I medium Oriod Fruits Side A / I medium Or</td><td>heese, regular / yeltow Side A heese, regular / yeltow Cube/ triangular portion Cube/ triangular portion Cube/ triangular portion Aheese, low far / white Side A Side A Side A Aheeb, regular Side A Aheeb, low far Side A Aheeb, regular Side A Aheeb, low far Side A Aheeb, regular Side A Aheeb, low far Side A Aherbornics Side A Side A / I medium Side A / I medium Annoherries Side A / I medium Introbes Side A / I medium Annoherries Side A / I medium Introbes Side</td></td>
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 | Incese, regular / yellow Side B / Thickness Incese, low far / white Side B / Thickness Side A / Side B / Thickness Side A / Side A / Side A / Side A / abneh, regular Side A / abneh, regular Side A / Side A / Side A / abneh, regular Side A / reuth, prunes Side A / reuth Side A / | heese, regular / yellow Side B / Thickness heese, low far / while Cubel triangular portion Side A Side B / Thickness abneh, regular Side B / Thickness abneh, kow far Side A / In medium abneh, kow far Side A / I medium resch, plum, prunes Side A / I medium terso frangel grapefrait Side A / I medium terso frank Side A / I medium ters | These, regular / yellow Side A Thickness Cheese, low far / while Side A Thickness Side A Side A Thickness Cheese, low far / while Side A Side A Side A Side A Side A Side A Side A Side A Side A Side A Side A Chros orange/ graperform Side A Side A Chros orange/ graperform Side A / I medium Side A / I medium Side A / I medium Oriod Fruits Side A / I medium Or
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| Waterable: Pincapple = 1 slice Vagetable: Vagetable: Vagetable: Side A/ Page 8 Septer, rocken lettuce, mirt, cucamber, green Side A/ Page 8 Septer, rocken perslaw, eac. Side A/ Page 8 Onth green or deep yelow (spinoch, Swiss Side A/ Page 4 Antrol, Jew's mellow, carnots) I medium / 10 cherry Onth Green peak, fresh Side A/ Page 4 Om / Green peak, fresh Side A/ Page 4 Om / Green peak, carnots) I medium / 10 cherry Om / Green peak, carnots Side A/ Page 4 Om / Green peak, carnoted Side A/ Page 4 Om / Green peak, carnoted Side A/ Page 4 Om / Green peak, carnoted Side A/ Page 4 Outsinest greated Side A/ Page 4 Outsinest greated vegatables Side A/ Page 4 Other canned vegatables Side A/ Page 4 Mushrocom, palmetrin, sepangus, etc) Side A/ Page 4 Fegatuble Julee, fresh Side A
 | Vegetables Septer, focket, purslane, etc. Step for, commber, green Step for, commber, green Step for Chrid, green careact Com / Green peak, carried Step A/ I medium Com / Green peak, carried Step A/ I medium Com / Green peak, carried Step A/ I medium Condition: State A/S medi staffed Duble carried State A/S medi staffed Duble context State A/S Multimoor, palmetin, aspangus, etc.) State A/S Multimoor, palmetub State A/S Multin contered State A/S
 | Answer Pineapple = 1 slice of getathles Side A/ Page 8 of all of preen entroc. mint, cucumber, green Side A/ Page 8 Septer, rocker, persiane, etc. Side A/ Page 4 Introl, liew's mellow, carrots. J Intedium. IO cherry Orin / Green persis. fresh Side A/ Page 4 Orin / Green pers. fresh Side A/ Page 4 Orin / Green pers. fresh Side A/ Page 4 Orin / Green pers. fresh Side A/ Page 4 Orin / Green pers. fresh Side A/ Page 4 Orin / Green pers. fresh Side A/ Page 4 Orin / Green pers. staned Side A/ Page 4 Orin / Green pers. staned Side A/ Page 4 Orin / Green pers. staned Side A/ Page 4 Orin / Green pers. staned Side A/ Page 4 Oriner canned vegetables Side A/ Page 4 Oriner canned vegetables Side A/ Page 4 Mushroocu, palmetio, aspingue, etc.) Side A/ Page 4 Mushroocu, palmetio, aspingue, etc.) Side A/ Page 4

 | Name Pincapple = 1 slice Agetables Alled, green Side A/ Page 8 And, green lettuce, mint, cucumber, green Side A/ Page 8 Dark green of deep yellow (spinneh, Swiss Side A/ Page 8 Dark green of deep yellow (spinneh, Swiss Side A/ Page 4 Dark green of deep yellow (spinneh, Swiss Side A/ Page 4 Om / Green peak, fresh Side A/ Page 4 Om / Green peak, canned Side A/ Page 4 Om / Green peak, canned Side A/ Page 4 Om / Green peak, canned Side A/ Page 4 Om / Green peak, canned Side A/ Page 4 Onth / Green peak, canned Side A/ Page 4 Onth / Green peak, canned Side A/ Page 4 Onthores, based Pollow mathed Side A/ Page 4 Outlooks, based Pollow mathed Side A/ Page 4 Outlooks, paragua, cacol Side A/ Page 4 Other canned vegatable Broccoll Side A/ Page 4 Mushrocow, palmetio, apangua, etc.) Side A/ Page 4 Mushrocow, palmetio, apangua, etc.) Side A/ Page 4
 | Cube/ triangular portion Cube/ triangular portion Stde A Stde A Stde A Stde A Stde A Stde A abmeh, kow far Stde A from sontage/ grapefruit Stde A / 1 medium runts and Fwait Jeites Stde A / 10 grapes from sontage/ grapefruit Stde A / 10 grapes from sontage/ grapefruit Stde A / 10 grapes from sontage/ from sontage/ grapes Stde A / 10 grapes from sontage/ from sontag
 | Increat, reginer Jone of Intrangular portion Stde A Stde A Stde A Stde A Ahneh, regalar Stde A Stde A Stde A Ahneh, regalar Stde A Stde A Stde A Ahneh, regalar Stde A Ahneh, regalar Stde A Stde A Stde A Anneh, kow far Stde A Cube' triangular portion Stde A Anneh, kow far Stde A / 1 medium Cube' triangular portion Stde A / 1 medium Cube' triangular portion Stde A / 1 medium Cube' trianglar Stde A / 1 medium Cube forties Stde A / 1 medium Cube' trianglar Stde A / 1 medium Cube forties Stde A / 1 medium <
 | These, regular / yellow Side B / Thickness These, low far / white Cube (riangular portion abneh, regular Side A abneh, low far / white Side A abneh, low far Side A abneh, low far Side A abneh, low far Side A / 1 medium besch, plune, puncs Side A / 1 medium farsoherries Side A / 1 medium
 | Theose, regular / yellow Side B / Thickness Thickness Theose, low far / white Cube' triangular portion Side A abneh, regular Side A Side A abneh, low far Side A / 1 medium Side A / 1 medium fransberries Side A / 10 graves Side A / 1 medium fransberries Side A / 10 graves Side A / 1 medium bried Fruits Side A / 10 graves Side A / 1 medium bried Fruits Side A / 1 medium Side A / 1 medium bried Fruits Side A / 1 medium Side A / 1 medium bried Fruits Side A / 1 medium Side A / 1 medium bried Fruits Side A / 1 medium Side A / 1 medium bried Fruits Side A / 1 medium Side A / 1 medium brie
 | Theree, regular / yellow Side B / Thickness Thickness These, low far / while Cube' triangular portion Side A Ahneh, regular Side A Side A Ahneh, regular Side A Side A Ahneh, kw far Side A / 1 medium Side A / 1 medium Erwiss and Frait Side A / 1 medium Side A / 1 medium Erwiss frages Side A / 10 strewherries Side A / 10 strewherries Fraitypes Side A / 10 strewherries Side A / 10 strewherries Fraitypes Side A / 10 strewherries Side A / 10 strewherries Fraitypes Side A / 10 strewherries Side A / 10 strewherries Fraitypes Side A / 10 strewherries Side A / 10 strewherries Fraitypes Side A / 10 strewherries Side A / 10 strewherries Fraitypes Side A / 10 strewherries Side A / 10 strewherries Frait Side A / 10 strewherries Side A / 10 strewherries <td< td=""><td>Incese, regular / yellow Side B / Thickness Incese, low far / while Cube (triangular portrion Side A Side B / Thickness Incese, low far / while Side B / Thickness Interse, low far / while Side B / Thickness Interse, low far / while Side A / Thickness Interse / while Side A / Thickness Intersection Side A / The diam Inted Fruits</td><td>heese, regular / yellow side B / Thickness heese, low far / while Cube/ triangular portion Stde A Stde A Almeh, regular Stde A Almeh, negular Stde A Almeh, negular Stde A Stde A Stde A Into strange/ grapefruit Stde A / 1 medium Etras orange/ grapefruit Stde A / 10 grapes Into strange/ grapes Stde A / 10 grapes Into strange Stde A / 10 grapes Into strange Stde A / 10 grapes Into strange Stde A / 10 grapes Into st</td><td>These, regular / yellow Side A Thickness Cube/ triangular portion Side A Side A Abneh, regelar Side A Side A Arsotheries Side A Side A Arsotheries Side A Side A Chaptes Side A / I medium Side A Beanard Apples Side A / I medium Side A Oried Fruits Side A Side A Beanard Apples Side A Side A Cutope Side A Side A Dried Fruits Side A Side A Beanard Apples</td><td>heese, regular / yellow Side A Thickness heese, low far / white Side B / Thickness Cube' triangular portion Bide A Side A Side A Bineh, regular Side A Side A Bineh, congel Side A Side A Bineh, congel Side A Side A Bineh, low far Side A Side A Side A Side A Side A Bineh, low far Side A Side A Side A Side A Side A Side A Inedium Side A Side A Side A Side A Furths prunes Side A Side A Side A Side A Side A Funds Side A Side A Funds<!--</td--></td></td<> | Incese, regular / yellow Side B / Thickness Incese, low far / while Cube (triangular portrion Side A Side B / Thickness Incese, low far / while Side B / Thickness Interse, low far / while Side B / Thickness Interse, low far / while Side A / Thickness Interse / while Side A / Thickness Intersection Side A / The diam Inted Fruits
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Orn / Green pets, canned
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 | Tuits, canned resume procord = a tunit Vegetables Side A/ Page 8 Salad, green lettrace, mint, cucumber, green Side A/ Page 8 Septer, rocket, pursiane, etc. Side A/ Page 8 Dark green or deep yellow (spinnech, Swiss Side A/ Page 8 Onthe green or deep yellow (spinnech, Swiss Side A/ Page 8 Onther, is mallow, etc. I medium / 10 cherry Orn Green peak, carned Side A/ Page 4 Corn Green peak, carned Side A/ Page 4 Onther carned wegtables Side A/ Page 4 Muthower Cathbage Broccoff Side A/ Page 4 Muthowe
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Thickness Stde A Stde A Stde A Stde A Almeh, regular Stde A Almeh, regular Stde A Almeh, regular Stde A Almeh, negular Stde A / 1 medium Stde A / 1 medium Stde A / 1 medium Fulls sand Fwint Julees Stde A / 1 medium Error strange/ grapefruit Stde A / 10 grapes Irros orange/ grapefruit Stde A / 10 grapes Irros freeh Stde A / 10 grapes Irros Irros</td> <td>These, regular / yellow Side A Cheese, regular / yellow Side A Cheese, low far / white Side B / Thickness Cuber triangular portion Side A Side B / Thickness Side A Abneh, regelar Side A Abneh Side A Bannuk Apples Side A Abneh Side A Abneh Side A Abneh Side A</td> <td>heese, regular / yellow Side A Thickness heese, low far / while Side A Cube/ triangular portion Side A bheeh, regular Side A Side A Side A abheh, kow far Side A Side A Side A abheh, kow far Side A Side A Side A abheh, kow far Side A Side A Side A abheh, kow far Side A Side A Side A abheh, kow far Side A Side A Side A farsoftrates Side A <</td> | Cube (triangular portion Cube (triangular portion Ihese, low far / white Side A Side A Side A ahneh, regular Side A ahneh, kow far Side A ahneh, kow far Side A ahneh, kow far Side A furst sand Fwait Jeites Side A / 1 medium cusch, plum, pranes Side A / 1 medium cusch, plum, pranes Side A / 1 medium casch, plum, pranes Side A / 10 grapes firstos
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 | Theree, regular / yellow Side B / Thickness Incese, low far / white Cube (riangular portion abneh, regular Side A abneh, regular Side A abneh, kow far Side A / 1 medium abneh, kow far Side A / 1 medium befar, plun, pruncs Side A / 1 medium farsoherries Side A / 10 grapes irrohers Side A / 10 grapes irroherries Side A / 10 grapes irroherite Side A / 10 grapes </td <td>Theose, regular / yellow Side B / Thickness Thickness These, low far / white Cube' triangular portion Side A abneh, regular Side A Side A abneh, low far Side A / 1 medium Side A / 1 medium farus benef Side A / 1 medium Side A / 1 medium farus benef Side A / 1 medium Side A / 1 medium farus benef Side A / 10 grapes Side A / 1 medium farus benef Side A / 1 medium Side A / 1 medium farus benef Side A / 10 grapes Side A / 1 medium farus benef Side A / 1 medium Side A / 1 medium farus benef Side A / 1 medium Side A / 1 medium farus benef Side A / 1 medium Side A / 1 medium farus benef</td>
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 | Theree, regular / yellow Side B / Thickness Cube/ triangular portion Cube/ triangular portion Side A Side A abneh, treame Side A abneh, kow fat Side A / 1 medium christen Side A / 1 medium kontes Side A / 10 grapes introst Side A / 10 grapes introst Side A / 10 grapes introst Side A / 1 medium kried Fruits Katation kied Fruits Side A kied Fruits Side A kied Fruits Side A | Incese, regular / yellow Side B / Thickness Incese, low far / while Cube (triangular purtion Side A Side B / Thickness Incese, low far / while Side B / Thickness Interse, low far / while Side B / Thickness Interse, low far / while Side A / Thickness Interse / triangular purtion Side A / Thickness
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| Tututore. noticed Terestic series ruits, canned Peach apricat = 1 slice regetables Peach apricat = 1 slice regetables Peach apricat = 1 slice regetables Side A/ Page 8 septer, rocket, protation, etc. Side A/ Page 8 bink green letroce, mint, cucumber, green Side A/ Page 4 Ontrol, Jere set Side A/ Page 4 Ontrol, Jere set Side A/ Page 4 Ontrol (Teren peak, resh Side A/ Page 4 Ont (Green peak, canned) Side A/ Page 4 Ont of Green peak, canned Side A/ Page 4 Ont of Green peak, canned Side A/ Page 4 Ont of Green peak, canned Side A/ Page 4 Ont of Green peak, canned Side A/ Page 4 Ont of Green peak, canned Side A/ Page 4 Ont of Green peak, canned Side A/ Page 4 Ont of Green peak, canned Side A/ Page 4 Ont of Green peak, canned Side A/ Page 4 Ont of Green peak, canned Side A/ Page 4 Ont of Green peak, canned Side A/ Page 4 Ont of Green peak, canned Side A/ Page 4
 | Trutt Juroc. noticest Target Stratit Prints, canned Peach' apricot = % frait Vegetables Peach' apricot = % frait Vegetables Peach' apricot = % frait Salad, green lettrace, mint, cucumber, green Side A/ Page 8 Septer, rocket, persinen, etc. Side A/ Page 8 Oark green detrace, mint, cucumber, green Side A/ Page 8 Oark green detrace, mint, cucumber, green Side A/ Page 4 Oard Jen's and/one, carrotts. I medium / 10 cherry Conn / Green peak, fresh Side A/ Page 4 Conn / Green peak, carrotd Side A/ Page 4 Conn / Green peak, carrotd Side A/ Page 4 Outer canned Side A/ Page 4 Conn / Green peak, carrotd Side A/ Page 4 Outer canned
 | Turn Junce, noticed 1 exercise carrient ruits, canned 1 exercise carrient ruits, canned Peach' spriout = \s fruit Agetables Peach' spriout = \s fruit regenables Side A/ Page 8 Side A/ Page 8 Side A/ Page 8 Dish green lettrace, mint, cucumber, green Side A/ Page 8 Dish green or deep yellow (spinneh, Swiss Side A/ Page 4 Dish green or deep yellow (spinneh, Swiss Side A/ Page 4 Om Green peac, fresh Side A/ Page 4 Om Green peac, fresh Side A/ Page 4 Om Green peac, standed Side A/ Page 4 On Green peace (resh A/ Page 4 Intercented average beccoli Side A/ Page 4 Intercented average beccoli Side A/ Page 4 Intercented average 4 On Green peace (resh A/ Page 4 On Green peace (resh A/ Page 4 On Green peacoli Side A/

 | Tutl. Junce. noticed Terestic series ruits, canned Peach' apricat = 's fruit regetables Peach' apricat = 's fruit nind, green lettuce, mint, cucumber, green Side A/ Page 4 hintd, Jew's mellow, carrots.) I medium / IO cherry orm / Green peac, arrots.) I medium / IO cherry com / Green peac, arrots.] I medium / IO cherry com / Green peac, arrots.] I medium / IO cherry control. fresh Side A/ Page 4 con / Green peac, carrots. Side A/ Page 4 con / Green peac, carrots. Side A/ Page 4 control freen peac, standed Side A/ Page 4 fullower (Cabhage Broccoli Side A/ Page 4 Ontertini Egggalants, tooked Side A/ Page 4 Authroccoli Side A/ Page 4 Muthroccoli Side A/ Page 4 Muthroccoli Side A/ Page 4 Muthroccoli Side A/ Page 4 <td>Cube/ triangular portion Cube/ triangular portion Incese, low far / white Stde A Stde A Stde A Stde A Stde A Attributes Cube/ triangular portion Attributes Cube / triangular portion Attributes Stde A Attributes Stde A Attributes Stde A Attributes Stde A Itrus orange/ grapefruit Stde A / 1 medium Cubes Stde A / 1 medium Caselh, plum, pruncis Stde A / 1 medium Caselh, plum Stde A / 1 medium Caselh, pl</td> <td>Interset, Towner, Towrer, Towner, Towrer, Towner, Towner, Towner, Towner, Towner, Towne</td> <td>These, regular / yellow Side B / Thickness These, low far / white Cube / triangular portion Side A Side A ahneh, regular Side A ahneh, kow far / white Side A / J medium ahneh, kow far / white Side A / J medium ahneh, kow far / J medium Side A / J medium ahneh, kow far / J medium Side A / J medium farabes Side A / J medium farabes</td> <td>Theose, regular / yellow Side B / Thickness Thickness Theose, row far / while Cube' triangular portion Cube' triangular portion Ahneh, regular Side A Side A Ahneh, kow far Side A Side A Ahneh, kow far Side A Side A Ahneh, kow far Side A / 1 medium Side A / 1 medium Ahneh, kow far Side A / 1 medium Side A / 1 medium Annoherries Side A / 1 medium Side A / 1 medium Apples Side A / 1 medium Side A / 1 medium Annoherries Side A / 1 medium Side A / 1 medium Annoherries Side A / 1 medium Side A / 1 medium Annoherries Side A / 1 medium Side A / 1 medium Annoherries Side A / 1 medium Side A / 1 medium Annoherries Side A / 1 medium Side A / 1 medium <td< td=""><td>Theree, regular / yellow Side B / Thickness Cube/ triangular portion Cube/ triangular portion Side A Side A Side A Side A Abneh, regular Side A Side A Side A Abneh, regular Side A Side A Side A Abneh, regular Side A Side A Side A Tritts and Fruit Jaices Side A/ 1 medium Catch, plum, prunes Side A/ 1 medium Catch, plum, prunes Side A/ 1 medium Catch, plum, prunes Side A/ 1 medium Catch plum, prunes Side A/ 1 medium Catoh plum, plum Plum Catoh plu</td><td>Incese, regular / yellow Side B / Thickness Incese, low far / white Side B / Thickness Incese, low far / white Side B / Thickness Side A Side B / Thickness abmeh, regular Side B / Thickness Side A Side A abmeh, regular Side A abmeh, regular Side A abmeh, regular Side A abmeh, low far Side A far A i In medium Side A far A Side A <td>Incese, regular / yellow Side B / Thickness Incese, regular / yellow Side A Incese, low far / white Side A Side A Side A abmeh, regular / white Side A abmeh, regular / white Side A abmeh, regular / white Side A abmeh, regular Side A abmeh, regular / white Side A abmeh, regular Side A abmeh, regular Side A abmeh, regular Side A abmeh, regular Side A resch, plum, prunes Side A / 1 medium transherries Side A / 1 medium resch, plum, Prunes Side A / 1 medium resch, plum Proteon resch, plum Proteon resch, plum Proteon resch, plum Proteon resch, plum Proteon</td><td>Choese, regular / yellow Side A Choese, regular / yellow Side A Choese, low far / while Side B / Thickness Side A Side A Jahneh, regular Side A / Thickness Jahneh, low far Side A / Thickness Lahneh, low far Side A / Thickness Lahneh, low far Side A / Thickness Lahneh, low far Side A / Thickness Cubic triangular portion Side A / Thickness Side A / Thickness Side A / Thickness Erusts stand Frait Side A / Thickness Erusts stand Frait Side A / Thickness Side A / Thickness Side A / Thickness Bananiz Apples Side A / Thedium Branniz Apples Side A / Thedium Drind Fruits Side A / Thedium</td><td>heree, regular / yellow Side A Nickness heree, regular / yellow Side B / Thickness Cube/ triangular portion breek, regular Side A Side A breek, regular Side A Thickness breek, regular Side A Side A abneh, regular Side A Side A reach, plum, prunes Side A Side A reach Side A Side A reach Side A Side A</td></td></td<></td> | Cube/ triangular portion Cube/ triangular portion Incese, low far / white Stde A Stde A Stde A Stde A Stde A Attributes Cube/ triangular portion Attributes Cube / triangular portion Attributes Stde A Attributes Stde A Attributes Stde A Attributes Stde A Itrus orange/ grapefruit Stde A / 1 medium Cubes Stde A / 1 medium Caselh, plum, pruncis Stde A / 1 medium Caselh, plum Stde A / 1 medium Caselh, pl

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 Side A / 1 medium Side A / 1 medium Apples Side A / 1 medium Side A / 1 medium Annoherries Side A / 1 medium Side A / 1 medium Annoherries Side A / 1 medium Side A / 1 medium Annoherries Side A / 1 medium Side A / 1 medium Annoherries Side A / 1 medium Side A / 1 medium Annoherries Side A / 1 medium Side A / 1 medium <td< td=""><td>Theree, regular / yellow Side B / Thickness Cube/ triangular portion Cube/ triangular portion Side A Side A Side A Side A Abneh, regular Side A Side A Side A Abneh, regular Side A Side A Side A Abneh, regular Side A Side A Side A Tritts and Fruit Jaices Side A/ 1 medium Catch, plum, prunes Side A/ 1 medium Catch, plum, prunes Side A/ 1 medium Catch, plum, prunes Side A/ 1 medium Catch plum, prunes Side A/ 1 medium Catoh plum, plum Plum Catoh plu</td><td>Incese, regular / yellow Side B / Thickness Incese, low far / white Side B / Thickness Incese, low far / white Side B / Thickness Side A Side B / Thickness abmeh, regular Side B / Thickness Side A Side A abmeh, regular Side A abmeh, regular Side A abmeh, regular Side A abmeh, low far Side A far A i In medium Side A far A Side A <td>Incese, regular / yellow Side B / Thickness Incese, regular / yellow Side A Incese, low far / white Side A Side A Side A abmeh, regular / white Side A abmeh, regular / white Side A abmeh, regular / white Side A abmeh, regular Side A abmeh, regular / white Side A abmeh, regular Side A abmeh, regular Side A abmeh, regular Side A abmeh, regular Side A resch, plum, prunes Side A / 1 medium transherries Side A / 1 medium resch, plum, Prunes Side A / 1 medium resch, plum Proteon resch, plum Proteon resch, plum Proteon resch, plum Proteon resch, plum Proteon</td><td>Choese, regular / yellow Side A Choese, regular / yellow Side A Choese, low far / while Side B / Thickness Side A Side A Jahneh, regular Side A / Thickness Jahneh, low far Side A / Thickness Lahneh, low far Side A / Thickness Lahneh, low far Side A / Thickness Lahneh, low far Side A / Thickness Cubic triangular portion Side A / Thickness Side A / Thickness Side A / Thickness Erusts stand Frait Side A / Thickness Erusts stand Frait Side A / Thickness Side A / Thickness Side A / Thickness Bananiz Apples Side A / Thedium Branniz Apples Side A / Thedium Drind Fruits Side A / Thedium</td><td>heree, regular / yellow Side A Nickness heree, regular / yellow Side B / Thickness Cube/ triangular portion breek, regular Side A Side A breek, regular Side A Thickness breek, regular Side A Side A abneh, regular Side A Side A reach, plum, prunes Side A Side A reach Side A Side A reach Side A Side A</td></td></td<> | Theree, regular / yellow Side B / Thickness Cube/ triangular portion Cube/ triangular portion Side A Side A Side A Side A Abneh, regular Side A Side A Side A Abneh, regular Side A Side A Side A Abneh, regular Side A Side A Side A Tritts and Fruit Jaices Side A/ 1 medium Catch, plum, prunes Side A/ 1 medium Catch, plum, prunes Side A/ 1 medium Catch, plum, prunes Side A/ 1 medium Catch plum, prunes Side A/ 1 medium Catoh plum, plum Plum Catoh plu
 | Incese, regular / yellow Side B / Thickness Incese, low far / white Side B / Thickness Incese, low far / white Side B / Thickness Side A Side B / Thickness abmeh, regular Side B / Thickness Side A Side A abmeh, regular Side A abmeh, regular Side A abmeh, regular Side A abmeh, low far Side A far A i In medium Side A far A Side A <td>Incese, regular / yellow Side B / Thickness Incese, regular / yellow Side A Incese, low far / white Side A Side A Side A abmeh, regular / white Side A abmeh, regular / white Side A abmeh, regular / white Side A abmeh, regular Side A abmeh, regular / white Side A abmeh, regular Side A abmeh, regular Side A abmeh, regular Side A abmeh, regular Side A resch, plum, prunes Side A / 1 medium transherries Side A / 1 medium resch, plum, Prunes Side A / 1 medium resch, plum Proteon resch, plum Proteon resch, plum Proteon resch, plum Proteon resch, plum Proteon</td> <td>Choese, regular / yellow Side A Choese, regular / yellow Side A Choese, low far / while Side B / Thickness Side A Side A Jahneh, regular Side A / Thickness Jahneh, low far Side A / Thickness Lahneh, low far Side A / Thickness Lahneh, low far Side A / Thickness Lahneh, low far Side A / Thickness Cubic triangular portion Side A / Thickness Side A / Thickness Side A / Thickness Erusts stand Frait Side A / Thickness Erusts stand Frait Side A / Thickness Side A / Thickness Side A / Thickness Bananiz Apples Side A / Thedium Branniz Apples Side A / Thedium Drind Fruits Side A / Thedium</td> <td>heree, regular / yellow Side A Nickness heree, regular / yellow Side B / Thickness Cube/ triangular portion breek, regular Side A Side A breek, regular Side A Thickness breek, regular Side A Side A abneh, regular Side A Side A reach, plum, prunes Side A Side A reach Side A Side A reach Side A Side A</td> | Incese, regular / yellow Side B / Thickness Incese, regular / yellow Side A Incese, low far / white Side A Side A Side A abmeh, regular / white Side A abmeh, regular / white Side A abmeh, regular / white Side A abmeh, regular Side A abmeh, regular / white Side A abmeh, regular Side A abmeh, regular Side A abmeh, regular Side A abmeh, regular Side A resch, plum, prunes Side A / 1 medium transherries Side A / 1 medium resch, plum, Prunes Side A / 1 medium resch, plum Proteon | Choese, regular / yellow Side A Choese, regular / yellow Side A Choese, low far / while Side B / Thickness Side A Side A Jahneh, regular Side A / Thickness Jahneh, low far Side A / Thickness Lahneh, low far Side A / Thickness Lahneh, low far Side A / Thickness Lahneh, low far Side A / Thickness Cubic triangular portion Side A / Thickness Side A / Thickness Side A / Thickness Erusts stand Frait Side A / Thickness Erusts stand Frait Side A / Thickness Side A / Thickness Side A / Thickness Bananiz Apples Side A / Thedium Branniz Apples Side A / Thedium Drind Fruits Side A / Thedium
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| ruit juice, bottled 1 kottle/ canton ruits, tanned Peach/ apricot = 1s frait ruits, tanned Peach/ apricot = 1s frait rogetables Peach/ apricot = 1 slice rogetables Side A/ Page 8 rogetables Side A/ Page 4 robut green or deep yellow (spinech, Swiss Side A/ Page 4 Ontrol, freen peach Side A/ Page 4 Ontrol freen peach Side A/ Page 4<
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 | ruit juice, bottled 1 bottle/ carton 1 bottle/ carton ruits, tanned Peach/ apricot = 1s froit Peach/ apricot = 1 silce regetables Peach/ apricot = 1 silce Peach/ apricot = 1 silce regetables Peach/ apricot = 1 silce Peach/ apricot = 1 silce regetables Peach/ apricot = 1 silce Peach/ apricot = 1 silce regetables Silde A/ Page 8 Silde A/ Page 4 Intrid, Ilew's mellow, carnots.) I medium / 10 cherry Con / Green peace, canned Silde A/ Page 4 Con / Green peace, canned Silde A/ Page 4 Con / Green peace, canned Silde A/ Page 4 Outloors, baked / bolited' mathed Silde A/ I medium Lucchnit/ Eggplants, cooked Silde A/ Page 4 Other canned vegetables Silde A/ Page 4

 | ruit juice, bottled 1 kottle/ canton 1 kottle/ canton ruits, canned Peach' apricot = 1/s frait Peach' apricot = 1/s frait ruits, canned Peach' apricot = 1/s frait Peach' apricot = 1/s frait raided, green or deep yellow (spinech, Swiss Side A/ Page 8 Peach offeren fraits, cucumber, green Side A/ Page 8 Peach onst green or deep yellow (spinech, Swiss Side A/ Page 4 Peach Dard, Jew's mellow, carnots.) 1 medium / 10 cherry Peach Orien peace, fresh Side A/ Page 4 Peach Orien Stated Side A/ Page 4 Peach Orien Stated Side A/ Page 4 Peach Orien peace, canned Side A/ Page 4 Peach Orien Stated Side A/ Page 4 Peach Orien Stated Side A/ Page 4 Peach Orienses, fresh Side A/ Page 4 Peach Proceoli Side A/ Page
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Side B / Thickness Interse, low far / while Side B / Thickness Interse, low far / while Side A Interse / while Side A Interse / while Side A / Thickness Interse / while Side A / Thickness Interse / while Side A / Thickness Interse / while Side A / The diam Interse / plum, prunes Side A / The diam Interse / plum, prunes Side A / The diam Interse / plum, prunes Side A / The diam Interse / The diam A / The diam Interse / The diam A / The diam Interse Side A / The diam | heese, regular / yellow side B / Thickness heese, low far / while Cube/ triangular portion Stde A Stde B / Thickness ableth, regular Stde B / Thickness ableth, regular Stde A ableth, regular Stde A / 1 medium ceach, plum, prunes Stde A / 10 grapes itros orange/ grapefruit Stde A / 10 grapes itros Stde A / 10 grapes itros Stde A / 10 grapes itros Matinis bried Fruits Ratistis + 110sp bried Fruits Stde A Stde A Stde A | These, regular / yellow Side A These, regular / yellow Side A These, low far / while Side A Side A Side A Ahneh, regular Side A Ahneh, regular Side A Side A Side A Ahneh, regular Side A Side A Side A Ahneh, regular failers Side A Cubs' triangular portion Side A Ahneh, regular Side A Side A Side A Ahneh, regular Side A Arist A Arist A Annot fail Side A Arist A Arist A Arist A <td< td=""><td>herea, regular / yellow Side A Side A herea, regular / yellow Side B / Thickness Cube (triangular portion Side A herea, low far / white Side B / Thickness Side A Side A abneh, regular Side A Side A Side A abneh, regular Side A Side A Side A abneh, kow far Side A Side A Side A abneh, kow far Side A Side A Side A itrus orange/ grapefruit Side A / 1 medium Side A / 1 medium Side A / 1 medium transherrties Side A / 10 grapes Side A / 1 medium Side A / 1 medium Side A / 1 medium transherrties Side A / 10 grapes Side A / 1 medium Side A / 1 medium Side A / 1 medium transherrties Side A / 1 medium transherrties Side A / 10 grapes Side A / 1 medium <t< td=""></t<></td></td<>
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| ruit juice, entined 1 care ruit juice, bottled 1 kentle careton ruit, juice, bottled 1 kentle careton ruits, canned 1 kentle careton ruits, canned 1 kentle careton ruits, canned 2 kentle careton regetables 2 kentle careton regetable 2 kentle regetable juice, fres
 | ruit juice, entined 1 can ruit juice, bottled 1 hortle canton ruits, canned Peach 'apricat = 's frait vegetables Side A/ Page 3 septer, rocket, parsiane, etc. Side A/ Page 4 Out of green letrace, mint, canamber, green Side A/ Page 4 Out of there peak, stread Side A/ Page 4 Out of Green peak, canned Side A/ Page 4 Conn of Green peak, canned Side A/ Page 4 Onto Oreen peak, tech Side A/ Page 4 Onto Canten beacet Side A/ Page 4 Onto Canten peak, tech Side A/ Page 4 Onto Canten beacet Side A/ Page 4 Onto Canten beatouc
 | ruit jurce, entined 1 care ruit jurce, bottled 1 kontik canton ruits, canned 1 kontik canton ruits, canned 1 kontik canton regenble 2 kontik canton Side A/ Page 8 Side A/ Page 4 Our Green per coler, Swiss Side A/ Page 4 Our Green peak, canned Side A/ Page 4 Our Green peak, starffed Side A/ Page 4 Our Green peak, canned Side A/ Page 4 Our Green peak, canned Side A/ Page 4 Our Green peak, for horited <

 | ruit jurce, canned I can ruit jurce, bottled 1 kentle canton ruits, canned 1 kentle canton ruits, canned 1 kentle canton ruits, canned 1 kentle canton regetables 2 kentle canton regetables 3 ket A/ Page 8 septer, rocker, paralane, etc. 3 ket A/ Page 8 burk green retroc, minr, cucumber, green 3 ket A/ Page 4 burd, Jav's mellow, carrots.) 1 medium / 10 cherry com / Green peta, tesh 5 ket A/ Page 4 com / Green peta, canned 5 ket A/ Page 4 con / Green peta, canned 5 ket A/ Page 4 con / Green peta, canned 5 ket A/ Page 4 con / Green peta, standed 5 ket A/ Page 4 con / Green peta, standed 5 ket A/ Page 4 con / Green peta, standed 5 ket A/ Page 4 con / Green peta, standed 5 ket A/ Page 4 con / Green peta, standed 5 ket A/ Page 4 con / Green peta, standed 5 ket A/ Page 4 con / Green peta, standed 5 ket A/ Page 4 con / Green peta, stande vetcol 5 ket A/ Page 4
 | Cube/ triangular portion Cube/ triangular portion Incese, low far / while Stde A Stde A Stde A abtrch, regular Stde A abtrch, regular Stde A abtrch, low far Stde A resch, plan, prunes Stde A / 1 medium cash, plan, prunes Stde A / 1 medium cash plate Stde A / 1 medium stann/ Apples Stde A / 1 medium brind Fruits Stde A / 1 medium brind Fruits Stde A / 1 medium brind Fruits Stde A / 1 medium
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| rult juloe, canned 1 care ruit juloe, canned 1 bottle/ canton ruits, tanned 1 bottle/ canton ruits, tanned 1 bottle/ canton ruits, tanned Peach/ apricet = 1s front regetables Peach/ apricet = 1 slice rober, presen Side A/ Page 8 rober, presen Side A/ Page 4 Onte grants, etc. Side A/ Page 4 Onte grants, fresh Side A/ Page 4 Onte grants, fresh Side A/ Page 4 Onter, fresh Side A/ Page 4 Onter, fresh Side A/ Page 4 Onter, fresh Side A/ Page 4 Onter Cannes, fresh Side A/ Page 4 Onter Cannes, fresh Side A/ Page 4 Onter Canned Side A/ Page 4 Onter Canned Side A/ Page 4 Onter Canned Side A/ Page 4 Ontinge Bydiants, tooleed Side A/ Page 4 Ontingersh Bydiant boilef Side A/ Page 4 Ontingersh Bydiants, tooleed Side A/ Page 4 Ontingersh Bydiant boilef Side A/ Page 4 Ontingersh Bydiant boilef Side A/ Page 4 Ontingersh Bydiants, tooleed Side A/ Page 4 Ontingersh Bydiants, tooleed Side A/ Page 4 Ontingersh Bydiant boilef Side A/ Page 4 <
 | ruit juice, entred I care ruit juice, bottled 1 bottle/ carton ruits, canned 1 bottle/ carton ruits, canned 1 bottle/ carton ruits, canned Preacht spricer is fruit reader green Preacht spricer is fruit reader green Preacht spricer is fruit reader green Preacht spricer reader green Side A/ Page 8 off green or deep yellow (sprinech, Swiss Side A/ Page 4 Ontrid, lew 's mellow, carnots) I medium / 10 cherry Connuces, thesh Side A/ Page 4 Conn Green peak, canned Side A/ Page 4 Conn Green peak, canned Side A/ Page 4 Onther canned Side A/ Page 4 Conn Green peak, starffed Side A/ Page 4 Onther canned Side A/ Page 4 Onther canned Side A/ Page 4 Onther canned Side A/ Page 4 Conn Green peak, starffed Intellam Duther canned Side A/ Page 4 Conn Green peak, starffed Intellam Duther canned Side A/ Page 4
 | rult juloe, enmed 1 care ruit juloe, ented 1 bettel carten ruits, tanned 1 bettel carten ruits, tanned 1 bettel carten regeration 2 bestel carten

 | rult julce, canned I can ruit julce, bottled 1 bottle/ canton ruits, canned 1 bottle/ canton ruits, canned Peach/ apricet = 1s frait ruits, canned Peach/ apricet = 1s frait regetables Proceach grants regetables Side A/ Page 8 reper, rocket, persiane, etc. Side A/ Page 8 Dish green or deep yellow (spinech, Swiss Side A/ Page 4 Dish green or deep yellow (spinech, Swiss Side A/ Page 4 Orn / Green peas, fresh Side A/ Page 4 Orn / Green peas, fresh Side A/ Page 4 Orn / Green peas, canned Side A/ Page 4 Orn / Green peas, canned Side A/ Page 4 Orn / Green peas, canned Side A/ Page 4 Orn / Green peas, canned Side A/ Page 4 Orn / Green peas, canned Side A/ Page 4 Orn / Green peas, canned Side A/ Page 4 Orn / Green peas, canned Side A/ Page 4 Orn / Green peas, canned Side A/ Page 4 Orn / Green peas, canned Side A/ Page 4 Orn / Green peas, canned Side A/ Page 4
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 | Answer State A Thickness Cube of Intangular portion State A State A State A State A State A Itrust outstagelist State A / 1 medium State A / 1 medium Cube state State A / 10 grapes State A / 10 grapes State B State A / 10 grapes State A / 1 medium State B State A / 10 grapes State A / 1 medium State B State A / 10 grapes State A / 1 medium State B State A / 10 grapes State A / 1 medium State B State B State B State B
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orange/ grapefruit Side A / 1 medium cutch, plum, prunes Side A / 1 medium transbetties Side A / 10 grapes intros Side A / 10 grapes into fruits Side A / 10 grapes</td><td>These, regular / yellow Side A Chese, regular / yellow Side A Chese, low far / while Side A Side A Side A Abneh, regular Side A Abneh, regular Side A Cube' triangular portion Side A Abneh, regular Side A Abneh, regular Side A Cube' triangular portion Side A Abneh, regular Side A Cube' triangular portion Side A Abneh, regular Side A Abneh Side A<td>herea, regular / yellow Side A herea, regular / yellow Side B / Thickness Cube/ triangular portion Side A Side A Side B / Thickness Cube/ triangular portion Side A Side A Side A Side A Side A Side A Side A Side A Side A abneh, regular Side A Abneh, kw / fa Side A Itrus ortange/ grapeforit Side A / 1 medium Itrus factors Side A / 1 medium Itrus ortange/ grapes Side A / 1 medium Itrus factors Side A / 1 medium</td></td></tr<> | heese, regular / yellow Side A heese, low far / white Side A ableth, regular Side A ableth, regular Side A ableth, regular Side A ableth, regular Side A ableth, box fat Side A / 1 medium futus orange/ grapefruit Side A / 1 medium cutch, plum, prunes Side A / 1 medium transbetties Side A / 10 grapes intros Side A / 10 grapes into fruits Side A / 10 grapes | These, regular / yellow Side A Chese, regular / yellow Side A Chese, low far / while Side A Side A Side A Abneh, regular Side A Abneh, regular Side A Cube' triangular portion Side A Abneh, regular Side A Abneh, regular Side A Cube' triangular portion Side A Abneh, regular Side A Cube' triangular portion Side A Abneh, regular Side A Abneh Side A <td>herea, regular / yellow Side A herea, regular / yellow Side B / Thickness Cube/ triangular portion Side A Side A Side B / Thickness Cube/ triangular portion Side A Side A Side A Side A Side A Side A Side A Side A Side A abneh, regular Side A Abneh, kw / fa Side A Itrus ortange/ grapeforit Side A / 1 medium Itrus factors Side A / 1 medium Itrus ortange/ grapes Side A / 1 medium Itrus factors Side A / 1 medium</td> | herea, regular / yellow Side A herea, regular / yellow Side B / Thickness Cube/ triangular portion Side A Side A Side B / Thickness Cube/ triangular portion Side A Side A Side A Side A Side A Side A Side A Side A Side A abneh, regular Side A Abneh, kw / fa Side A Itrus ortange/ grapeforit Side A / 1 medium Itrus factors Side A / 1 medium Itrus ortange/ grapes Side A / 1 medium Itrus factors Side A / 1 medium
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 | runt Junce, fresh Side A ruit Junce, tresh 1 cars ruit Junce, tresh 1 cars ruit Junce, bottled 1 bottle canton ruits, tanned 1 bottle canton ruits, tanned Peach 'apricat = 's frait ruits, tanned Peach 'apricat = 's frait routes, tanned Peach 'apricat = 's frait routes, tanned Peach 'apricat = 's frait order green lettoce, thirk, cucumber, green Side A/ Page 8 Stepter, rocket, porsitane, etc. Side A/ Page 4 Outed, freen peak, freet Side A/ Page 4 Conn / Green peak, canned Side A/ Page 4 Conn / Green peak, canned Side A/ Page 4 Conn / Green peak, canned Side A/ Page 4 Outed routes, thesh Side A/ Page 4 Outed routes, basked / bolled mashed Side A/ Page 4 Outed routes, thesh Side A/ Page 4 Outed routes, thesh Side A/ Page 4 Outed routes, thesh Side A/ Page 4 Outed routes, basked / bolled mashed Side A/ Page 4 Outed routed Side A/ Page 4 Outed routed Side A/ Page 4 Outed routed Side A/ Page 4 Outed routed routes Side A/ Page 4 Outed routed routes Side A/ Page 4
 | Turt Jurce, fresh Side A Turti Jurce, fresh Side A Turti Jurce, tresh I care Turti Jurce, trend 1 care Turti, turned 1 care Turti, turned Peacht apricer, sfruit Peacht apricer, tresh Pineupple = 1 stice Varter, tresh Pineupple = 1 stice Side A/ Page 8 Peacht apricer, struit Onter controler, struit Pineupple = 1 stice Side A/ Page 8 Pineupple = 1 stice Onter controler, struit Pineupple = 1 stice Onter controler Stide

 | Truit juice, fresh Side A ruit juice, tresh Side A ruit juice, bottled 1 care ruit, juice, bottled 1 bottle canton ruits, canned 1 care ruits, canned 1 bottle canton ruits, canned 1 bottle canton ruits, canned 1 care ruits, canned 1 bottle canton regetables 2 care readium / lev 's mellow, carrots.) 1 medium / 10 cherry readium / lev 's mellow, carrots. 2 care readium / lev 's mellow, carrots. 2 care <t< td=""><td>Cube Cube Cube</td><td>Answer State A Thickness Abneh, regular State A State A Abneh, kwitt State A State A Anste, kwitt State A State A Aritissand Frait State A / 1 medium State A / 1 medium Aritiss State A / 10 strawberries State A / 10 strawberries Aritiss State A / 10 strawberries State A / 10 strawberries Atraitis State A / 10 strawberries State A / 10 strawberries</td><td>These, regular / yellow Side B / Thickness Side B / Thickness Licevice Cube (triangular portion Side A Side</td><td>These, regular / yellow Side B / Thickness These, row far / white Cube' triangular portion Side A Side A abreh, regelar Side A abreh, regelar Side A abreh, regelar Side A abreh, regelar Side A abreh, kow far Side A / 1 medium citros orange' graperfouit Side A / 1 medium citros orange' graperfouit Side A / 10 graves frances Side A / 10 gr</td><td>Theree, regular / yellow Side B / Thickness Cube/ triangular portion Cube/ triangular portion Side A Side A/ Thickness Itrus orange/ grapsefuit Side A/ Thickness Side A Side A/ Thickness Itrus orange/ grapsefuit Side A/ Thickness Side A/ Thickness Side A/ Thickness Itrus orange/ grapsefuit Side A/ Thickness Side A/ Thickness Side A/ Thickness Attract Side A/ Thickness</td><td>Incese, regular / yellow Side B / Thickness Incese, low far / white Side B / Thickness Cube (risingular portion Side A / Thickness Side A / Side A / Thickness Side B / Thickness Side A / Thickness Side A / Thickness Side A / Thickness Side A / Thickness Abneh, regular Side A / Thickness Side A / Thickness Side A / Thickness Irous orange' propertion Side A / Thickness Irous orange' propertion Side A / The dium Irous orange' propertion Side A / The dium Irous orange' propertion Side A / The dium Irous orange' providenties Side A / The dium</td><td>heese, regular / yellow Side B / Thickness
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 | Truit julce, freeh Side A ruit julce, freeh 1 can ruit julce, bettled 1 can ruit, canned 1 bectle cannon ruits, canned 1 bectle cannon allad, green lettuce, mirr, cucumber, green Side A/ Page 8 onthe green lettuce, mirr, cucumber, green Side A/ Page 8 onthe green lettuce, mirr, cucumber, green Side A/ Page 4 onthe freen peris, fresh Side A/ Page 4 onth offeren peris, fresh Side A/ Page 4 onth offeren peris, cannota Side A/ Page 4 onth offeren peris, tooled Side A/ Page 4 onth offeren peris, tooled Side A/ Page 4 onthores, tabled / holled' mished Side A/ Page 4 onthores, tabled / holled' mished Side A/ Page 4 onthores, tabled / holled' mished Side A/ Page 4 onthores, tabled / holled' mished Side A/ Page 4 onthores, tabled / holled' mished Side A/ Page 4 onthofferention approx, eac.) Side A/ Pa
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 | Truit juice, fresh Aptrones: 1 pontone ruit juice, enned iste A ruit juice, enned iste A ruits, canned jean ruits, ruoumber, green Side A/ Page 8 Septer, rocke, parkine, etc. inedium / 10 cherry Darid, jean's mellow, carnots.) inedium / 10 cherry Connories, fresh Side A/ Page 4 Connories, fresh Side A/ Page 4 Connories, fresh Side A/ Page 4 Ontof Green pease, fresh S
 | Truit juice, fresh Aprincoss: 1 pontione Truit juice, fresh Side A Truit juice, ennned 1 cent Truits, canned 1 boottle canton Side A/ Page 8 Side A/ Page 8 Thurd, Jew 3 mellow, carrots.) 1 medium / 10 cherry Ont green of doep yellow (spinnech, Swiss Side A/ Page 4 Ont Green peas, carrots.) 1 medium / 10 cherry Ont Green peas, carrots.) 1 medium / 10 cherry Ont Green peas, carrots.) 1 medium / 10 cherry Ont Green peas, carrots.) 1 medium / 10 cherry Ont Green peas, carrots.) 1 medium / 10 cherry Ont Green peas, carrots.) 1 medium / 10 cherry Ont Green peas, carrots.) 1 medium / 10 cherry Ont Green peas, carrots.) 1 medium / 10 cherry Ont Green peas, carrots.) 1 medium / 10 cherry Ont Green peas, carrots.) 1 medium / 10 cherry Ont of Green pease carrots.) 1 medium

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 | Increase, low far / white Date of / triangular portion Stele A Stele A Abreh, regalar Stele A Stele A Stele A Stele A Stele A Abreh, regalar Stele A Stele A Stele A Itrus orange/ grapefouti Stele A / 1 medium Curb stransberries Stele A / 1 medium Stele A / 10 grapes Stele A / 1 medium Stele A / 10 grapes Stele A / 1 medium Attributes Stele A / 1 medium
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| Truit julice, fresh Aprilocols: 1 pontice Truit julice, battered 5/de A Truit julice, battered 1 letter Truit, rauned 2 letter Maid, green lettore, mint, creaumber, green Peach' Prage 5 Side A/ Page 4 2 letter Inted, Jan's mellow, terrors.) 1 medium / 10 therry Onk green or deep yellow (spinsch, Swiss Side A/ Page 4 Inted, Jan's mellow, terrors.) 1 medium / 10 therry On / Green peak Side A/ Page 4 Orn / Green peak Side A/ Page 4 Ornitors. Side A/ Page 4 Mushroocn, palmetix tech Side A/ Page 4 Mushroocn, palmetix tech Side A/ Page 4 Mushroocn, palmetix tech Side A/ Page 4
 | Trill julce, fresh Apriloces: 1 pontide ruit julce, fresh Side A ruit julce, entmed 1 ceas ruit, julce, entmed 1 ceas ruits, runned 1 ceas runder, green Flextelle struct side A/ Page 8 5 cea reaction struct Side A/ Page 4 Orn / Green perso, carrots, j 1 medium / 10 cherry Orn / Green perso, tranots, j 1 medium / 10 cherry Orn / Green perso, tranots, j 1 medium / 10 cherry Orn / Green perso, tranots, j 1 medium / 10 cherry Orn / Green perso, tranots, j 1 medium / 10 cherry Orn / Green perso, tranots, j 1 medium / 10 cherry Orn / Green perso, tranots, j 1 medium / 10 cherry Orn / Green perso, tranots, j 2 side A/ Page 4 Orn / Green perso, tranots, j 1 medium Orn / Green p
 | Triti juice, fresh Apriloces: 1 pontoe ruit juice, fresh Side A ruit juice, benthed 1 cent ruit juice, benthed 1 cent ruits, ranned 1 cent ruits, canned 1 medium / 10 chency ruit, jew's mellow, cannes, itech 1 medium / 10 chency ruit / jew's mellow, cannes, itech 1 medium / 10 chency ruit / jew's mellow, cannes, itech 1 medium / 10 chency ruit / jew's mellow, cannes, itech 1 medium / 10 chency ruit / jew's mellow, cannes, itech 1 medium / 10 chency ruit / jew's mellow, cannes, itech 1 medium / 10 chency

 | mini julice, fresh Apriloces: 1 pontion ruit julice, entmed Side A ruit julice, entmed 1 can ruit, julice, entmed 1 can ruits, named 1 beacti sprisot = % fruit ruits, summed Peacti sprisot = % fruit ruits, canmed 1 beacti sprisot = % fruit ruits, canmed Peacti sprisot = % fruit ruits, canmed Peacti sprisot = % fruit regetables Side A/ Page % regetables Side A/ Page % ont Green perts, press Side A/ Page 4 Dark green canned Side A/ Page 4 Dark green canned Side A/ Page 4 Orn / Green peac, canned Side A/ I medium Orn / Green peac, canned Side A/ Page 4 Orn / Green peac, canned Side A/ Page 4 Orn / Green peac, canned Side A/ Page 4 Orn / Green peac, canned Side A/ Page 4 On / Green peac, canned Side A/ Page 4 On / Green peac, canned Side A/ Page 4 Ont Green peac, canned Side A/ Page 4 Ont of cannetore, peaceoli Side A/ Page 4
 | these, low far / while Cube' triangular portion Stde A Stde A shneh, regular Stde A state konta Stde A state konta Stde A / 1 medium state kontes Stde A / 10 strawterries state kontes Stde A / 10 strawterries state kontes Stde A / 1 medium karanter Apples Stde A / 1 medium karanter Stde A / 10 strawterries
 | Interset, Town Thickness Thickness Cheese, Tow far / white Stde A Stde A Stde A Stde A Stde A abhrch, regular Stde A Stde A abhrch, regular Stde A Stde A abhrch, low far Stde A Stde A abhrch, poutes Stde A / I medium Stde A / I medium farabler Stde A / I0 grapes Stde A / I medium farabler Stde A / I medium Stde A / I medium
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 | Truit juice, fresh Datases 1 pontion ruit juice, fresh Side A ruit juice, fresh Side A ruit, juice, fresh Side A ruit, sunned 1 can ruit, sunned 1 can ruit, sunned 1 bostle canton isld, green lettuce, mint, cucamber, green Side A/ Page 8 off green lettuce, mint, cucamber, green Side A/ Page 8 off green or deep yellow (spinsch, Swiss Side A/ Page 8 ont dress, bastlow, carnots.) Imedium / I0 cherry ont dress, fresh Side A/ Page 4 ont dress, bastlow, carnots.) Imedium / I0 cherry ont dress, bastlow, carnots.) Imedium / I0 cherry ont dress, bastlow, starfed Side A/ Page 4 ont dress, bastlow Side A/ Page 4 ont drestrable Side A/ Page 4 <td>Cube/ triangular portion Cube/ triangular portion these, low far / white Stde A ableth, regular Stde A ableth, regular Stde A ableth, box far Stde A ableth, how far Stde A furst said Fraint Juices Stde A / 1 medium clars, plum, pounes Stde A / 10 strawtherries frankerries Stde A / 10 strawtherries frankerries Stde A / 10 strawtherries faranterries Stde A / 10 strawtherries</td> <td>Increat, regular State Thickness Cube (triangular portion Stde A Stde A Abneh, regular Stde A Stde A Cube (triangular portion Stde A Stde A Attes Stde A Stde A Cube (triangular portion Stde A / 1 medium Cube (triangular portion Stde A / 1 medium Cube (triangular portion Stde A / 1 medium Cube (triangular portion Stde A / 10 graveties Cube (triangular portion Stde A / 10 graveties Stde A / 10 graveties Stde A / 10 graveties Arrawherries Stde A / 10 graveties Stde A / 10 graveties Stde A / 10 graveties</td> <td>These, regular / yellow Side B / Thickness
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| Dried Fruits Dried Fruits Dried Fruits Drines: 1 portions Apricoss: 1 portions Apricoss: 1 portion Apricoss: 1 portion State A Fruit juice, freeh State A Fruit juice, stanted 1 keetle' canton Fruit, scanned 1 keetle' canton Fruit, scanned 1 keetle' canton Fruit, scanned 1 keetle' canton Fruits, scanned 1 keetle' canton Argetables State A/ Page 8 State A/ Page 8 State A/ Page 8 Anned, Jew's mellow, cannots. j I medium / 10 cherry Dark green or deep yellow (spinned), Swiss State A/ Page 4 Dark green or deep yellow (spinned) State A/ Page 4 Dark green or deep yellow (spinned) State A/ Page 4 Dard Green peak, cannot State A/ Page 4 Dard Green peak, cannod State A/ Page 4 Dard Green peak, cannod State A/ Page 4 Dard Meak / bolled' mashed State A/ Page 4 Dard Mans, tech State A/ Page 4 Dard Mans, tech State A/ Page 4 Dard Mans, tech State A/ Page 4 Dard Mans, Miternative State A/ Page 4
 | Tried Fruits Dates: 1 portion Trini juice, freeh Apricose: 1 portion Fruit juice, freeh 1 exit Fruit juice, freeh 1 exit Fruit juice, freeh 1 exit Fruit, canned 1 exit Fruits, canned 1 exit Fruits, canned 1 exit Fruits, canned 1 exit State A Paser fruit Fruits, canned 1 exit State A Paser fruit State A Page 4 Orni Green peace, freeh State A State A State A Orni Green peace, freeh State A State A State A Orni Green peace, freeh State A State A State
 | Dried Fruits Dates: 1 portion Drin jules, fresh Apricons: 1 pontion ruit jules, enned 1 each ruit jules, enned 1 can ruit jules, enned 1 can ruit, sunned 1 can ruit, sunned 1 each ruit, sunned 1 bottle canton sild, green lettuce, nint, cucumber, green Side A/ Page 8 offer pers, rocket, parslane, etc. Side A/ Page 8 offer pers, fresh Side A/ Page 4 Onn / Green pers, rocket, parslane, etc. Side A/ Page 4 Ontenses, baked / bottle/makted Side A/ Page 4 Outlenest, baked / bottle/makted Side A/ Page 4 Duefnish guenetic, sepangue, etc.) Side A/ Page 4 Mushroocs, palimetic, sepangue, etc.) Side A/ Page 4 Mushroocs, palimetic, sepangue, etc.) Side A/ Page 4

 | Dried Fruits Dutes: 1 portion Apricoss: 1 portion Apricoss: 1 portion Aprilous: cheek Stde A Aprilous: cheek Stde A ruit julice, bothed 1 bothe canton ruits, canned I bothe canton ruits, canned Peacht' apricot = % fruit Aprilous, free Side A/ Page % Side A/ Page % Side A/ Page % Ont Green peace, freeh Side A/ Page 4 Onther canted vegetables Side A/ Page 4 Onther canted vegetables Side A/ Page 4 Onther canted vegetables <td>Cube' (triangular portion Cube' (triangular portion Cheese, low far / white Stde A Stde A Stde A Stde A Stde A Stde A Stde A Stde A Stde A Inneh, regular Stde A Stde A Stde A Inneh, row fau Stde A Inneh, row fau Stde A Stde A Stde A Inns orange' grapefoult Stde A / 1 medium Carbo Stde A / 10 strawberries Stde A Stde A / 10 strawberries Stde A Stde A / 10 strawberries Stde A Stde A / 10 strawberries</td> <td>Interset, together, yearow Date of A Interacts Cheese, low far / white Stde A Stde A Stde A abrieb, regalar Stde A abrieb, regalar Stde A abrieb, regalar Stde A Stde A Stde A abrieb, regalar Stde A Stde A Stde A Its orange/ grapefruit Stde A/1 medium Cather, proversit Stde A/1 Stde A Stde A/1 Stde A Stde A/1 Stde A Stde A/1</td> <td>These, regular / yellow Side B / Thickness
These, low far / white Side B / Thickness
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| Deted Fruits Detect Loop Prind Fruits Dares: 1 pention ruit juice, fresh Stde A; ruit juice, fresh Stde A; ruit, canned 1 cars ruits, canned 1 cars ruits, canned 1 cars ruits, canned 1 cars Vagetables Peach strated Stde A Page 8 Stde A Page 8 Stde A Page 4 Dard, green: lettuce, mink, cucumber, green Stde A/Page 8 Stde A/Page 4 Dard Dard, green: lettuce, curred Stde A/Page 8 Onto Green pens, carnots, 1 1 medium / 10 cherry Oan Green pens, carnots, 1 1 medium / 10 cherry Oan Green pens, fresh Stde A/Page 4 Dard Green pens, carnots, 1 1 medium / 10 cherry Oan Green pens, carnots, 1 1 medium / 10 cherry Oan Green pens, carnots, 1 1 medium / 10 cherry Oan Green pens, carnots Stde A/Page 4 Dard Green pens, carnots Stde A/Page 4 Oan Green pens, carnots Stde A/Page 4 Dard Green pens, carno
 | Dried Fruits Dreasure 1 toop
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 | Dried Fruits Resenter t uop
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 | These, regular / yellow Side B / Thickness these, row far / while Cube (triangular portion Side A Side A Thickness Side A Abneh, regular Side A Side A Side A Abneh, regular Side A Side A Side A Itrus orange/ grape fruit Side A / 1 medium Cube triangular portion Side A Side A Side A / 1 medium Cube triangular portion Side A / 1 medium Side A / 1 medium Side A / 10 streateberries Side A / 10 streateberries Side A / 10 streateberries Side A / 10 streateberries Side A / 10 streateberries Side A / 10 streateberries Side A / 10 streateberries Side A / 10 streateberries Side A / 10 streateberries
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 | Nied Fruits Raistins= (trapp
butes: t perion Print juice, fresh Raistins= (trapp
Aprices: 1 perion Print juice, fresh Side A Print juice, canned 1 car Print juice, canned 1 bertick canned Print juice, bottled 1 bertick Print juice, print diagram, carnes Side A/ Page 8 Side A/ Page 4 Print juice, fresh Onn / Green peris, fresh Side A/ Page 4 Onn / Green peris, fresh Side A/ Page 4 Onn / Green peris, fresh Side A/ Page 4 Onn / Green peris, fresh Side A/ Page 4 Onn / Green peris, fresh Side A/ Page 4 Onn / Green peris, fresh Side A/ Page 4 Onn / Green peris, fresh Side A/ Page 4 Onn / Green peris, fresh Side A/ Page 4 Onn / Green peris, fresh Side A/ Page 4 Onn / Green peris, fresh Side A/ Page 4

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 | Inesee, low far / white Cube/ triangular portion Inesee, low far / white Stde A Stde A Stde A Inteh, regular Stde A Inteh, conflar Stde A Interview Stde A / 1 medium Carabetries Stde A / 10 grapes Interview Stde A / 10 grapes
 | Increase, low far / while Date of itangular portion Stde A Stde A Abneh, regular Stde A Stde A Stde A Abneh, regular Stde A Stde A Stde A Abneh, regular Stde A Stde A Stde A Stde A Stde A Itrus orange/ grapefruit Stde A/11 medium Etch, plum, prunes Stde A/10 grapes Stde A/10 grapes Stde A/10 grapes
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 | Circipes Side A / 10 gapes Side A / 10 gapes Basanark Apples Side A / 1 medium Side A / 1 medium Drived Franis Side A / 1 medium Side A / 1 medium Drived Franis Side A / 1 medium Side A / 1 medium Print justes, fresh Side A Side A Print justes, fresh Side A Side A Print justes, fresh 1 ectae Side A Print justes, fresh 1 medium / 10 cherry Side A Orner Ortern pens, fresh Side A Side A Ortern pens, fresh Side A Side A Ortern pens, fresh Side A Side A Ortern pens, fresh Side A Side
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 | Side A/ 10 garges Side A/ 10 garges Side A/ 1 medium Batanar Apples Side A/ 1 medium Side A/ 1 medium Drind Fruits Side A/ 1 medium Side A/ 1 medium Drind fruits Batanar Apples Side A/ 1 medium Drind fruits Batanar Apples Side A/ 1 medium Drind fruits Drints Drints Drind fruits Drints Drints Drint juice, stamed 1 can Peacht apricat = % fruit Truit, cunned 1 can Peacht apricat = % fruit Drint, cunned 1 can Peacht apricat = % fruit Drint, furth for sense fruits, cunned, fruits, cunned, fruits, cunned, fruits, cunned, fruits, cunned, fruits, fruits, cunned, fruits, fr
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Trutts and Freit Jaices
Side A / 1 medium Side A</td><td>These, regular / yellow Side B / Thickness these, regular / yellow Cube (triangular portion Side A Side A abneh, regular Side A abneh, kow far Side A rutts and Fruit Jaices Side A / 1 medium Cube Jrinn, prunes Side A / 1 medium</td><td>These, regular / yellow Side B / Thickness Cube/ triangular portion Cube/ triangular portion Side A Side A Abneh, regular Side A Abneh, regular Side A Abneh, regular Side A Itrus orange' grapeforit Side A Itrus orange' grapeforit Side A/1 medium</td><td>These, regular / yellow Side B / Thickness hese, regular / yellow Cube (riangular purtion hese, low far / while Side B / Thickness Side A Side B / Thickness Side A Side B / Thickness Side A Side A abneh, regelar Side A Abneh, regelar Side A Anneh, low far Side A refs and Fruit Jaices Side A funs orange' groefoult Side A funs orange' groefoult Side A / 1 medium</td><td>heese, regular / yetlow Side B / Thickness
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n n	Nuts & seeds: walnuts, peanuts, almonds, sunflower seeds, etc.	Side A/ Page 4 Pre-packed small bag
45	Red mest, beef lambigout	Side A/ Ground
		Steak - Side B/ Thickness
5.5	Poultry	Leg/thigh/breast/wings Side B
5.6		Side B' Thickness
	triki suchul such	Shrinp: 1 mailum
_	FISH Searcood, mesh	Calaman: I medium
		Crab: 1 medium
5.3	Fish, canned (tuna, sardines)	1 large can't ismail can Page 19
5.8	Eggs	1 medium
8.0	Organ maate (liver, leidney, hrain)	Gide D/ Thieloreo
5,10	Luncheon meats (mortadelle, turkey, salami, ham, etc.)	Side B' Thickness Regular slice
5.11	Sausages, makanek, uncanned	Side By Thickness Makanok size
2 Inst	Sausages, makanels, hotdogs, canned	Hotdog size Makanek size Side B/ Thickness
100	Added Fats and Oils - Salads' Cooking / Fr	
10 E	Vegetable oil, corn/ sunflower/ sova	Side A
62	Olive oil (including with thyme)	Side A
16.80	Olives	5 olives
149	Butter	Side A
63	Ghte	Side A
-9-9-1	Mayonnaise	Side A
5.5	Tahini	Side A
I	Sweets and Desserts	
par	Cakes / Cookies' Doughnuts / Mutfilns/ Croissant / Biscuits	Side B / Thickness Page 14-15-16
22	Ice cream	1 scoop/ 1 stick/ Page 9
52	Chocolate bar	1 mcdiumn
7.4	Sugar, honey, jam, molasses, chocolate spread	Side A
12	Arabic sweets Baklava, maamoul, knefe	Side B

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0	Beverages		
3.1	Soft drink, regular	Side A / 1 can (330 mL)	
\$2	Soft drink, diet	Side A / 1 can (330 mL)	
\$3	Turkish coffee	Side A	
8.4	Instant coffee / Tea	SkeA	
8.5	Cocoa / Hot chocolate	Side A	
8.6	Beer	Side A / I boule	
8.7	Wine, red / white/ blush	Side A	
8.8	Liquor, whiskey/ vocka/ gin/ rum	Side A	
8.9	Water	Side A / Bottle (0.5 L)	
9	Miscellaneous		CONTRACTOR OF THE OWNER
1.6	Manacesh, zaatar/ cheese	1 regular / 1 bouché Page 17- 18	
2'6	French fries	Side A Page 4	
6.6	Potato chips / Tortilla	XS/ S/ M/ L/ XL bag Page 20	
9.4	Falafel, without bread	1 medium falafel	
9.5	Shawamta	1 medium sandwich	
9%	Burgers (beef, chicken, fish)	I medium burger	
9,7 11	Pizza	Side B / Thickness	
ST 88	Canned/ Pre-packed soups	Side A / Page 3	
616	Ketchap.	Side A	
101-1	- Mustard	Side A	

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10.1. How many times do you season your food with a nomato-based sauce (tornato, onion, garlie and simmered with olive oil)?
20.2. Do you actually consume chicken or turkey meat instead of veal, pock, hamburger, or sausage?
20.3. Do you actually consume chicken or turkey meat instead of veal, pock, hamburger, or sausage?
Are there any other foods/supplements that you regularly consume [at least ance per week] and that were not mentioned in the FPQ list above?

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Dietary Habits Questionnaire

No	No
Do you know what Bisphenol A (BPA) is?	Are you aware of BPA free bottles / plastic containers (Tupperware)?
Τ.	5

---- Yes ---- Yes

		(6-7 times/week)	times (4-5 times/week)	r ew unites (2-3 times/week)	Rarely (1x/week to 2x/month)	Never	
	Do you store foods in plastic containers?						
	Do you heat foods in plastic containers?						
	Do you make sure that the plastic containers you use are BPA-free?						
	Do you heat foods that are wrapped in cling film?						
	Do you drink bottled water?						
	7.1 From plastic- bottled water:	ĥ					
	7.2 From water cooler:	ty					
	Do you reuse bottled water?						
	Do you drink from bottles you left in your car?						
	Do you eat outside home (snacks, restaurants, bars)?						
	Do you order delivery foods?						
A 111	Do you purchase soft drinks in cans and/or plastic bottles?						
	Do you consume canned tomato paste?						

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Method of preparation	
Amount	
Food cattin	



Lab work data collection

Test	Unit	Result
Hbalc		
LDL		
SGPT		
Urinary creat		
FBS		
HDL		
GGT		
Spot microalbumin		
Fasting insulin		
Triglycerides		
CRP		
Creatinine		
Total cholesterol		
тян		
25OHvit D		
Cortisol		
C-peptide		
Prolactin		
Leptin		

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Physical Exam Form

Name of the participant: ----- Initials:----- Study ID number: ------

		الكالج Results	التطلاك المسعية Healthy ranges
Body weight (kg	الوذن		
Height (cm):	الطول		
BMI:	موشر البدائة		18.5-24.9 kg/w ²
لمحن :	الإلى دائرة ا		94 cm د هال .80 cm تساء
في الجسم Body fat (kg):	لنبية الدهون		25% رجال ;32% نساء
انۍ لجنم Muscle mass (kg):	غنية العطل		şimi 24-30 %: بمار 33-40%
الأور @ Waist to hip ratio:	تيان محيط		0.85 رجال .9 0.9 نساء
تلب Heart rate:	قياس نيش ا		50-100 bpm
الام ا Blood Pressure – Measurement # 1	قيانن حنقط		
Systolic blood pressure (mmHg):	العالي		120 mmHg
Diastolic blood pressure(mmHg;:	لأوضلى		90 mmHg
 هماه 3 به 22 Blood Pressure – Measurement # 22	الياس ا		
Systolic blood pressure (mmHg):	لدلي		120 mmHg
Diastolic blood pressure(mmHg):	لاولطى		50 mmHg

Time of urine collection
Time of blood withdrawal
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