

Link between Urine Specific Gravity and Skipping Breakfast

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ABSTRACT

The main core of the study was to find any link between urine specific gravity and skipping breakfast. Breakfast helps to regain the nutrients which are lost in the night fasting period. Normal specific gravity of adults ranges from 1.010 to 1.030. Seventy-five subjects, both male and female, associated with Bahauddin Zakariya University, Multan, Pakistan, were taken in consideration for the present study. It was deduced from the study that urine specific gravity is independent of the habit of skipping breakfast.

Keywords: Metabolism, Skipping, Specific gravity, Urine

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INTRODUCTION

Breakfast helps to regain the nutrients which are lost in the night fasting period. The glucose level of the body drops during the night, that's why a healthy breakfast is needed to make up the deficiency of the lost nutrients. More specifically, calcium and proteins are lost during this fasting period. A healthy breakfast must have proteins, carbohydrates, minerals, and vitamins in it so that these nutrients help in the metabolism of the body and generate enough energy to survive till night.^[1]

Normal specific gravity of adults ranges from 1.010 to 1.030. Dehydration, diarrhea, excessive sweating, and urinary tract infection are the known causes which increase the specific gravity of urine, while renal failure, diabetes, tubular necrosis, and pyelonephritis are associated with a decreased specific gravity of urine. For specific gravity urine analysis, urine samples must be collected in the morning when urine is concentrated. Refractometer method is a painless and reliable procedure.^[2]

The main core of the study was to find any link between urine specific gravity and skipping breakfast.

MATERIALS AND METHODS

Seventy-five subjects, both male and female, associated with Bahauddin Zakariya University, Multan, Pakistan, were taken in consideration for the present study.

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Measurement of Urine Specific Gravity

Test for the detection of urine specific gravity, all subjects collected 1–2 ounces of urine samples in a clean and sterilized container. Then, a refractometer was used to project light into the urine sample. Color changes determined the specific gravity of the urine samples.

Statistical Analysis

It was done with the help of M Stat. $P < 0.1$ was considered statistically significant.

RESULTS AND DISCUSSION

Of the total of 75 subjects, 53 females and eight male subjects declared their habit of taking their breakfast. Their specific gravity

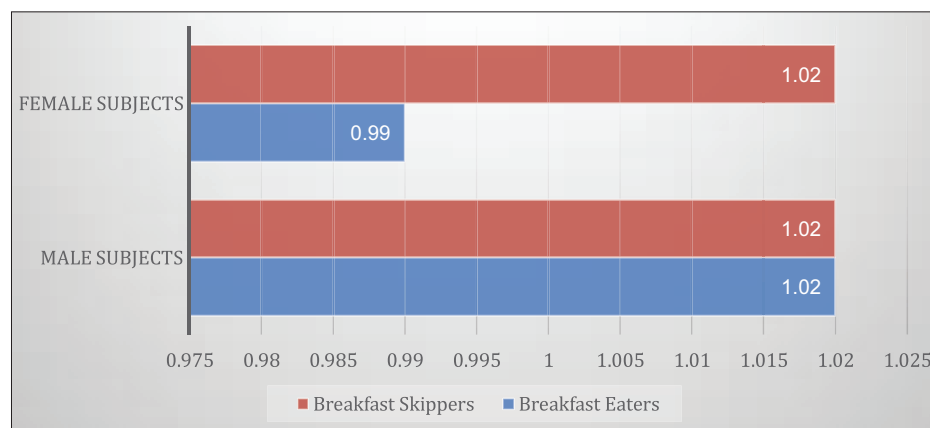


Figure 1: Link between urine specific gravity (mean \pm SD) and skipping breakfast

was of the normal range from 1.010 to 1.030, while there were 12 female and two male subjects who claimed to ditch their breakfast. Link between urine specific gravity (mean \pm SD) and skipping breakfast is given in Figure 1.^[3-10] Questionnaire-based studies have always given important outcomes in past studies.

CONCLUSION

It was deduced from the study that urine specific gravity is independent of the habit of skipping breakfast.

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