

Efficacy of Multiple Dietary Therapies in Reducing Risk Factors for Coronary Heart Disease

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KEY WORDS Cardioprotective Foods. Coronary Heart Disease (CHD). Lipid Profile. n-6/n-3 Ratio. Nutrition Education.

ABSTRACT : Thirty-five male subjects in the age group of 20-49 years, belonging to a same professional class and who were at risk of coronary heart disease were selected. Background information, blood and lipid profile analysis, blood pressure and dietary survey was recorded. In addition to their normal diet, the subjects were asked to include five cardioprotective foods like garlic (6g/day), onion (50g/day), tomato (200g/day), *amla* (100g/day) and *alsi* (1/2 tsp/day) for a period of 4 months. They were also imparted nutrition education during this period. The effect of cardioprotective foods and nutrition education was studied on the blood and lipid profile parameters. At the end of the study noteworthy changes were observed which showed a significant reduction in the systolic and diastolic blood pressure, total cholesterol, LDL-C, VLDL-C, total cholesterol: HDL-C, LDL-C: HDL-C and total triglycerides whereas an increase was observed in HDL-C. A significant reduction in the n-6/n-3 ratio from 8.88 ± 1.2 to 4.5 ± 0.95 g was observed which apparently was due to the inclusion of cardioprotective foods like garlic, onion, tomato, *amla* and *alsi* coupled with nutrition education.

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