

## **Efficacy of Nutraceuticals in Ameliorating the Risk of Coronary Heart Disease**

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**ABSTRACT** Thirty five postmenopausal subjects who were at risk of coronary heart disease were selected. Background information, blood and lipid profile analysis, blood pressure, anthropometric measurements and dietary pattern of subjects was recorded. Nutrition knowledge was also assessed by applying KAP test. In addition to their normal diet, the subjects were advised to include nutraceuticals for a period of 4 months. They were also imparted nutrition education during the period. The consumption of whole grain cereals and pulses, fruits, vegetables, skim milk products increased significantly whereas a significant reduction in consumption of sugar, bakery, meat and meat products, fried food was observed. The subjects started consuming restricted amount of a combination of *desi ghee*, mustard oil and soyabean oil which significantly improved the n-6/ n-3 ratio. The inclusion of nutraceuticals resulting in a significant reduction in weight, BMI, fat mass, MUAC, TSFT, systolic and diastolic blood pressure, blood glucose, total cholesterol, LDL-C, VLDL-C, total cholesterol: HDL-C, LDL-C: HDL-C and total triglycerides was observed. Thus, the addition of nutraceuticals like soyabean as soya milk and soya granules, wheat bran and oats coupled with nutrition education had a significant effect on the blood and lipid profile of the subjects.