

Effect of Supplementation of Vitamin C Antioxidant on the Nutritional Profile of Male Smokers

Tejinder Gulati, Anita Kochhar* and Simmerpreet

*Department of Food and Nutrition, College of Home Science,
Punjab Agricultural University, Ludhiana, Punjab, India*

KEYWORDS Antioxidants. Supplementation. Vitamin C. Smokers. Nutritional Profile

ABSTRACT Smoking is a uniquely common habit and has been identified as a major risk factor for coronary heart disease and number of other diseases. With the hypothesis that dietary antioxidant may help to prevent the development of atherosclerosis and other associated problems. Twenty five male smokers in the age group of 25-40 years with similar smoking habits and physical activity pattern were selected from Ludhiana. The effect of supplementation of vitamin C by food as their dietary, blood lipid, antioxidant profile and anthropometry was studied among smokers. Supplementation with vitamin C, the consumption of cereals, GLV and fruit intake increased significantly ($p \leq 0.05$) and that of roots and tubers, fats and oil and sugar and jaggery decreased significantly ($p \leq 0.05$). The energy, carbohydrate, total and visible fat intake decreased significantly ($p \leq 0.05$) after vitamin C supplementation. Total cholesterol and LDL cholesterol decreased significantly. Serum β carotene and serum ascorbic acid increased significantly ($p \leq 0.05$). The serum tocopherol level did not alter much with supplementation of vitamin C. The anthropometric parameters of smokers did not vary significantly after supplementation of vitamin C. The decrease in blood pressure of smokers was also non-significant after supplementation of vitamin C. It was concluded that supplementation of vitamin C improved the status of vitamin C in body. Consumption of vitamin C lowers the blood cholesterol and changes other parameters on better side. So, smokers are advised to consume foods rich in vitamin C.