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Effect of Supplementation of Vitamin A on the Nutritional Profile of Male Smokers

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ABSTRACT Twenty five male smokers in the age group of 25-40 years with similar smoking habits and physical activity pattern were selected from Ludhiana to study the effect of supplementation of vitamin A by food on their dietary, blood lipid, antioxidant profile and anthropometry. The intake of cereals, green leafy vegetables and fruit intake was increased significantly ($P \leq 0.05$) whereas root and tubers, meat and eggs, fats and oils, sugar and jaggery decreased after vitamin A supplementation. The protein, carbohydrate, total and visible fat intake decreased significantly. The vitamin A, vitamin C and vitamin E, folic acid and iron intake increased significantly ($P \leq 0.05$) after supplementation. The decrease in blood pressure was not significant. Blood glucose level decreased and blood haemoglobin level increased but not significantly after supplementation of vitamin A. The anthropometric indices of smokers did not vary significantly before and after nutratherapy of vitamin A. Antioxidant vitamin A lowers the blood cholesterol and change other blood parameters of smokers towards better side, so smokers are advised to consume the foods rich in vitamin A in their daily diet.