

Nutritional Status and Plasma Lipid Profile in Selected Ischemic Heart Disease (IHD) Patients

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KEY WORDS Somatic Status. WHR. Dietary Intake, Lipid Profile. IHD Patients.

ABSTRACT The nutritional status of 52 (46 men, 6 women) patients with Ischemic heart disease (IHD) was assessed by body size measures, dietary history and plasma lipid profile. The mean age of disease onset was ~ 40 y. Majority of men were indulged in smoking and alcoholism. The study revealed that the food behavior and dietary intake pattern of the patients was similar to the prevailing pattern in the region. The dietaries were predominantly vegetarian type. The nutrient intake profile revealed lower protein consumption compared to recommended dietary intake (RDI). Though the Body Mass Index (BMI) was within the normal range, waist-to-hip ratio (WHR) and body fat % were higher in majority of patients. Biochemical profile revealed normal levels of total cholesterol (211mg%), low HDL-cholesterol and high triglycerides levels. WHR correlated positively with plasma cholesterol and triglycerides. The trends observed with respect to the diet type, WHR and lipid profile, differ from the prevalent view and may indicate trends peculiar to the Indian population.

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