

Effect of Dietary Antioxidants on the Lipid and Anthropometric Profile of at Risk Coronary Heart Subjects

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KEY WORDS Anthropometric Measurements. Coronary Heart Disease. Dietary Antioxidants. Lipid Profile. Nutrition Education.

ABSTRACT Sixty male patients in age group of 30-50 years belonging to upper middle class and who were at risk of CHD were selected. Information regarding dietary antioxidant intake, anthropometric measurements, blood pressure and blood glucose was recorded. Blood samples were drawn to analysis the lipid profile. Nutrition education was imparted with special reference to intake of dietary antioxidants. Results indicated the improvement in intake of antioxidants and its positive impact on lipid profile and anthropometric parameters but the intake did not come up to standards set by heart health organisation. Significant ($P \leq 0.01$) and negative correlation was also observed between intake of dietary antioxidants and lipid and anthropometric profile of the subjects.

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