

**Effect of almond supplementation on the anthropometric measurements, biochemical parameters and blood pressure levels of men with Metabolic Syndrome.**

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**Abstract:**

The prevalence of metabolic syndrome is increasing to epidemic proportions in developing nations. Therapeutic lifestyle changes are the first line of treatment for metabolic syndrome. Functional foods like almonds may be helpful adjuncts to a dietary approach and improve the risk factors for metabolic syndrome. The purpose of this study was to evaluate the effects of almond supplementation on the anthropometric measurements, biochemical parameters and blood pressure levels of men with metabolic syndrome. The study was a pre-test, post-test experimental design with a test group on supplementation and a control group without supplementation. Three hundred and eighty men in the age group of 25 to 50 years were screened for metabolic syndrome using the National Cholesterol Education Program Adult Treatment Panel III Criteria. A total of eighty male subjects with metabolic syndrome were selected, fifty were assigned to the test group and the remaining thirty subjects were assigned to the control group and were not given any supplementation. The results showed that a statistically significant ( $p < 0.001$ ) reduction in all the anthropometric parameters and there was a significant decrease in the total cholesterol ( $p < 0.05$ ), LDL-C ( $p < 0.05$ ) and TC: HDL-C ( $p < 0.05$ ) and LDL:HDL-C ratios ( $p < 0.01$ ) at the end of the six week almond supplementation period. There was a significant ( $p < 0.01$ ) reduction in the systolic blood pressure level and a non-significant reduction in the diastolic blood pressure level. Almond supplementation showed a favorable effect and they promote cardiovascular health by providing monounsaturated fats, high potassium and low sodium, making almonds an especially good choice in treating metabolic syndrome.