

The effects of nuts rich in monounsaturated fatty acids on the level of serum lipids in hyperlipidemia patients.

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Abstract:

Objective: To observe the effects of California almonds, a nut rich in monounsaturated fatty acids, on lowering serum lipids in hyperlipidemia patients. Methods: Eighty-five hyperlipidemia patients served as the experimental subjects. They were administered 75 g of almonds per day continuously for 4 weeks, and observation continued for 4 more weeks after completion of almond administration. Blood samples were taken at 0, 4 and 8 weeks respectively, and the serum total cholesterol (TC), triglyceride (TG), high-density lipoprotein cholesterol (HDL-C), apolipoprotein A1 (ApoA1) and apolipoprotein B (Apo B) were determined. Results: After the experimental subjects were administered almonds, there was a marked decrease in the TC and Apo B levels, and a marked increase in the Apo A1 level. The TC, LDL-C and Apo B levels all decreased markedly in Type II hyperlipidemia patients, and these effects could last for at least 4 weeks. Conclusion: California almonds rich in monounsaturated fatty acids had an excellent regulatory effect on the levels of serum lipids and apolipoproteins in hyperlipidemia patients.