



Blood Pressure Reduced by Whole Grain Diet Containing Barley or Whole Wheat and Brown Rice in Moderately Hypercholesterolemic Men

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December 2003

Abstract

Whole grains have been reported to lower blood pressure, but results have been mixed. This report compares the effects of soluble and insoluble fibers on blood pressure in a whole grain diet. Twenty-one non-hypertensive men (28-62 yr) with elevated plasma cholesterol levels were selected for the study approved by the Institutional Review Board of the Johns Hopkins School of Public Health. Men consumed a Step 1 diet for 2 wk. and then consumed diets with brown rice/whole wheat, barley, or a combination for 5 wk in a Latin square. Systolic, diastolic, and mean arterial pressures did not change during the Step 1 diet, but were reduced by whole grains whether the fiber was predominantly soluble (barley) or insoluble (brown rice & whole wheat). Urinary excretion of phosphorus, and urea nitrogen were lower after consumption of the barley diet. Increasing whole grain foods in a healthy diet can reduce cardiovascular risk.