



Effect of Boiled Barley-Rice-Feeding in Hypercholesterolemic and Normolipemic Subjects

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Abstract

Barley contains approximately 10% dietary fiber and is easily cooked with rice, the dominant cereal in Japan, to increase the intake of dietary fiber. This research involved three experiments to examine the influence of barley on blood lipids in human subjects. All subjects received a boiled barley-rice (50/50 w/w mix) supplement two times per day in place of rice for 2 or 4 weeks. In the normolipemic subjects, serum lipids were unaffected by the ingestion of barley for 4 weeks. In twenty hypercholesterolemic men aged 41-55 years, the ingestion of barley was associated with a significant fall in serum total cholesterol, LDL-cholesterol, phospholipids and LDL and VLDL-lipoproteins. In seven mildly hypercholesterolemic women aged 56-77 years, a significant improvement of serum lipid profiles was observed. The present study suggests the possibility that the ingestion of barley-rice could lower serum lipids in hypercholesterolemic subjects.