



A rich source of Beta-Glucan

Title: Blood pressure reduced by whole grain diet containing barley or whole wheat and brown rice in moderately hypercholesterolemic men

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Journal: Nutrition Research, 23(12), 1631-1642, 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.