



Title: Hypocholesterolemic Effect of Barley Foods on Healthy Men

Authors: Newman, R.K., Lewis, S.E., Newman, C.W; Boik, R.J., Ramage, R.T.

Journal: Nutrition Reports International, 39(4), 749-760, 1989

Abstract

Fourteen healthy men 35 years old were randomly given a barley or 75% wheat/25% wheat bran diet supplement in their normal diets for 28 days. Barley and wheat foods provided 42 g of estimated total dietary fibre daily. Subjects who consumed wheat had significantly increased serum total cholesterol and low-density lipoprotein (LDL) cholesterol compared with pre-treatment values. Barley subjects who had average pre-treatment values had no significant effects, but for those subjects who had higher pre-treatment values, total and LDL cholesterol values were reduced. A regression model for predicting the effects of wheat and barley diets based on pre-treatment values is presented. Type of dietary fibre, soluble or insoluble, and concentration of serum cholesterol are considerations in predicting the degree of hypocholesterolaemic effect of cereal grains.