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Do dietary flavonoids have any effect on the risks of cardiovascular diseases?

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Flavonoids are polyphenolic compounds found abundantly in fruits and vegetables. The consumption of fruit and vegetables is associated with a reduced rate of coronary heart disease in observational cohorts. Type-2 diabetes mellitus, hypertension and hypercholesterolemia are among the risk factors of cardiovascular diseases. Evidence showed that there is an association between flavonoids intake and improved risk factors of cardiovascular diseases. This study aimed to determine the association between total dietary flavonoids intake and cardiovascular diseases risk factors among Malaysian adults aged 20-55 years old in selected areas of Klang Valley. Total energy and dietary flavonoids intake were assessed using the food frequency questionnaire and analyzed with Nutritionist Pro software and USDA database respectively. Anthropometry indices, blood glucose, blood lipid profile and blood pressure measurements were collected by trained personnel. A total of 165 healthy adults with an average age of 36.18 ± 10.76 years participated in this cross sectional study. The mean total energy and dietary flavonoids intake of the subjects in this study were 1738.24 ± 666.67 kcal/day and 259.48 ± 169.67 mg/day, respectively. A significant weak positive correlation between total energy and dietary flavonoids intake was observed. No significant association was found between dietary flavonoids intake with anthropometry indices, fasting blood glucose, fasting blood lipid profile and blood pressure measurements in the present study. Further investigations should be carried out on larger populations to validate the findings of the present study.

Biography

Tan Seok Shin has completed her PhD from Universiti Putra Malaysia and did Postdoctoral Research at the same University. She is currently the Program Director, Bachelor of Science (Hons) Nutrition program in the School of Health Sciences, International Medical University, Malaysia. She has been awarded the International Union of Nutritional Sciences Leadership Award by the National Institutes of Biomedical Innovation, Health and Nutrition, Japan, Visiting Fellowship by the University of Nottingham, United Kingdom and is also the Gold Medal recipient in the International Invention, Innovation and Technology Exhibition. Her research interests are in the field of nutrigenomics, nutritional sciences, gene therapy and functional foods.

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