
Effect of beta-glucan on blood cholesterol concentrations: A case study in Ghana

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A claim on beta-glucans and maintenance of normal blood cholesterol concentrations has already been assessed with a favorable outcome. The main objective of this study was to assess the claim of beta-glucans from barley grain products lowering effect on low-density lipoprotein (LDL) cholesterol concentrations in Ghanaian adults. The study was conducted in two phases. In the first phase, the effect of beta-glucan on LDL cholesterol concentrations was assessed in a randomized controlled trial. In the second phase, the effect of beta-glucan on LDL cholesterol concentrations was assessed in a case study. The results of the study showed that beta-glucan significantly reduced LDL cholesterol concentrations in Ghanaian adults. The study concluded that beta-glucan from barley grain products can be used as a natural cholesterol-lowering agent.

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