

20th Global Obesity Meeting

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Syaiyed Jamaluddin and Nurpudji A Taslim
Hasanuddin University, Indonesia

Background: Central obesity related to atherogenic dyslipidemia which was characterized by high serum triglycerides, increased sLDL and decreased HDLc. Cocoa powder rich in polyphenols as antioxidant sources reduced atherosclerosis risk.

Objective: To investigate the influence of cocoa supplementation to atherogenic dyslipidemia in central obesity male subjects by assessing lipid profiles and oxidized LDL.

Design: 34 healthy male (aged >25-55 years, waist <90 cm) were recruited to participate in an 8 week randomized and double blind study: 17 subjects received 4 gram cocoa in capsules and the other 17 subjects received placebo. Both groups had 1000 kcal energy restriction and fat <25% of total energy, no changes in activities.

Results: After 8 weeks, no changes in total cholesterol and triglycerides in both groups ($p>0.05$). LDLc level decreased significantly in both groups (cocoa $p=0.003$ vs. placebo $p=0.004$). HDLc level increased significantly only in cocoa group ($p<0.05$), oxidized LDL level showed no changes in both groups ($p>0.05$). If we compared atherogenic cocoa group with atherogenic placebo group ($n=17$), we found no changes in total cholesterol in both groups ($p>0.05$), but higher reduction in triglyceride showed in atherogenic cocoa group $p=0.043$. HDLc level increased significantly only in atherogenic cocoa group ($p=0.011$), no changes in atherogenic placebo group ($p=0.575$). Oxidized LDL level showed no changes in both atherogenic groups ($p>0.05$).

Conclusion: Cocoa supplementation on central obesity male within a hypo-caloric and low fat diet increased HDLc in dyslipidemia and atherogenic dyslipidemia, higher reduction in triglyceride in atherogenic dyslipidemia than placebo. No significant changes showed in oxidized LDL level in both dyslipidemia and atherogenic dyslipidemia.

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Syaiyed Jamaluddin is a Clinical Nutrition Specialist Program Participant at Faculty of Medicine, Hasanuddin University, Makassar, Indonesia since 2012. He has
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AIDS and nutrition.

syaiyedjamaluddin@gmail.com

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