

The effect of almond oil on lipid profile in patients with hyperlipidemia

Armin Attar¹, Mahmood Zamirian¹, Parham Ostovan¹, Mohammad Javad Zibaenezhad^{1*}

¹Department of Cardiology, School of Medicine, Shiraz University of Medical Sciences, Shiraz, Iran

*Corresponding author:

Mohammad Javad Zibaenezhad, MD, Professor of Department of Cardiology, School of Medicine, Shiraz University of Medical Sciences, Shiraz, Iran

E-mail: zibaem2@gmail.com

Background: Cardiovascular diseases currently account for nearly half of non-communicable diseases. It was shown that enjoying a handful of nuts every day can significantly reduce risk of developing heart diseases as they contain a variety of nutrients and other bioactive substances contributing in lowering the risk of heart diseases and controlling the cholesterol. The aim of this study was to determine the effect of almond oil on lipid profile of patients with hyperlipidemia.

Methods: Eighty five dyslipidemic patients were divided into two intervention (n=45) and control (n=40) groups. The intervention group received 10 ml of almond oil two times daily for 30 days. There was no intervention for the control group. The serum lipoproteins were measured before and after the study.

Results: The total cholesterol and LDL levels decreased significantly in the intervention group. No significant changes were noticed for TG and HDL between the two groups.

Conclusion: Consumption of almond oil was shown to significantly decrease the total cholesterol and LDL in dyslipidemic patients.

Keywords: Almond oil, lipid profile, hyperlipidemia, coronary artery disease