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Effect of monosaccharide rich diets on blood lipid profile of rats

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The objective of this study was to show the effect of six types of monosaccharide feeding regimen on blood lipid profile and recommend the best monosaccharide of moderate effect on growth rate and little affecting blood lipid profile. Thirty five male albinorats (*Rattus norvegicus*) were segregated into 7 groups. The first served as normal controls. The second received 10% glucose diet, the third received 10% fructose diet, the forth received 20% glucose diet, the fifth received 20% fructose diet, the sixth received 5% glucose plus 5% fructose fed diet, the seventh received 10% glucose plus 10% fructose diet. Samples were taken after 3 weeks. Body weights, organs weights and blood lipid profile were recorded. The relative growth rate was enhanced with fructose feeding than others. This enhancement is moderate for 10% fructose feeding. The relative organs weights were better in 10% fructose fed group than other groups. 10 % fructose fed diet enhanced the lowest lipid profile elevations than other groups. These findings clearly indicate that 10% fructose fed diet is the best choice for its moderate enhancement of relative growth rate and its lowest effect on serum lipid profile and so can be recommended for use in sweets production.

Biography

El Gendy M S is Assistant professor at Taibah University, KSA and Al Azhar University, Egypt. She holds a doctorate in Nutrition and food sciences (2004). Many scientific American and European journals seek for her efforts in reviewing articles. She involves in many activities for community and environmental services.

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