

Effect of whole buckwheat (*Fagopyrum esculentum*) flour supplementation on lipid profile & glucose tolerance

<https://www.ncbi.nlm.nih.gov/pubmed/2989169>

PMID: 2989169 [Indexed for MEDLINE]

Abstract

Indian J Med Res. 1985 Feb;81:162-8.

Effect of whole buckwheat (*Fagopyrum esculentum*) flour supplementation on lipid profile & glucose tolerance

¹Bijlani RL, ²Gandhi BM, Gupta MC, Manocha S, Tandon BN.

¹ Department of Physiology,

² Department of Gastroenterology and Human Nutrition, All India Institute of Medical Sciences, Ansari Nagar, New Delhi

Abstract

Serum lipid profile and glucose tolerance of volunteers consuming buckwheat was studied in 2 phases lasting 12 and 4 wk respectively. The pooled 4 wk results showed a significant rise in HDL cholesterol/total cholesterol ratio, VLDL cholesterol, VLDL as well as LDL triglycerides. HDL triglycerides showed a significant fall. There was a fall in fasting blood sugar while oral glucose tolerance improved. The effects of buckwheat on lipoprotein metabolism and glucose tolerance appear to be favourable.