

4th International Conference and Exhibition on **Obesity and Weight Management** December 07-09, 2015 Atlanta, USA

Yeast β -glucan supplementation decrease waist circumference and ameliorate hyperlipidemia in overweight subjects

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Objective: To determine whether β -glucan from yeast reduces waist circumference and improves lipid profile levels in overweight subjects.

Design: Overweight subjects (n=44) were randomized, double blinded to receive 976 mg/d of β -glucan or placebo for 6 weeks.

Results: After 6 weeks of intervention, we found no significant change of average weight between the control and β -glucan groups. Waist circumference (WC) in β -glucan group decreased from week 2 (treatment group 88.83 \pm 9.87 cm vs. control group 93.57 \pm 5.03 cm, P<0.05) and continued decreasing to week 6 (treatment group 86.5 \pm 8.9 cm vs. control group 94.69 \pm 3.32 cm, P<0.05). The β -glucan group also displayed better levels of triglyceride, low density lipoprotein cholesterol (LDL-C) and high density lipoprotein cholesterol (HDL-C).

Conclusion: Yeast β -glucan supplement for 6 weeks has a great potential to reduce waist circumference and hyperlipidemia in overweight subjects.

Biography

Krittiya Mosikanon has completed Bachelor of Science Program in Nutrition and Dietetics, Mahidol University in 2012. She is currently studying for a Master degree in Institute of Nutrition, Mahidol University.

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