

**The effect of saturated fat on lipid profile and platelet
and endothelial functions in Sri Lanka**

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A nutritional experiment was carried out to study the effect of removal of coconut fat from the diet on serum lipid profile and platelet derived factors. Blood lipid values and selected platelet related factors have been measured in a group of 16 free living young adults ages 16 to 21, before and 8 weeks after they had been shifted from their usual diet to a similar one in which coconut fat was replaced by cow milk powder and corn oil. The results indicate that their blood cholesterol, cholesteryl ester and several other related circulating blood lipid values, as well as the platelet factor 4 values, were elevated prior to the diet change. Many of these factors associated as risk factors for atherogenesis were substantially reduced at the end of the diet change. The only plasma component which increased was the triglyceride. These results suggest that the special atherogenic effects of coconut fat that have been demonstrated in so many animal models may be similarly active in human.