

## **Full-fat Rice Bran Supplementation Significantly Lower Cholesterol**

Gerhardt and Gallo demonstrated that supplementation with full-fat rice bran to hypercholesterolemic men significantly lowers the lipid parameters.

<sup>2</sup>Abstract of Human Feeding Studies  
Concluded at the University of California, Davis

Effect of a Processed California Medium Grain Rice Bran and Germ Product on Hypercholesterolemia.

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A variety of soluble dietary fibers reduce cholesterol (C) in hyperlipidemic subjects. Rice bran contains 1-3% soluble fiber, depending on the rice type and processing. We studied rice bran's effect on C on moderately hyperlipidemic subjects in a 6-week, double-blind, non-crossover trial. Hypercholesterolemic (2 C levels of 230-310 mg/dl  $\geq$  1 week apart), non-smoking, non-obese, 21-60 y/o adults, without medication, active disease or recent lifestyle change affecting C, were studied. They were randomly assigned to 3 groups who ate 3 oz/day of either a processed, CA medium grain, full fat, rice bran and germ product (RB) (N=14), oat bran (OB) (N=13) or rice starch placebo (RS) (N=17). Groups did not differ by age, sex, initial weight or lipid levels, or dietary intake. They continued their usual diet (verified by food diary analysis) and exercise habits. Serum was analyzed at weeks 0, 3 and 6 for triglyceride (TG), cholesterol (C), HDL-C, LDL-C, Apolipoprotein A (ApoA) and ApoB.

		RB	OB	RS
		mean change (% of initial)		+ SEM
C	- 8.3 $\pm$	2.4*	-13.0 $\pm$ 1.8*	-0.04 $\pm$ 2.4
LDL-C	-13.7 $\pm$	2.9*	-17.1 $\pm$ 2.4*	-2.5 $\pm$ 3.3
ApoB	- 9.6 $\pm$	3.0*	-11.2 $\pm$ 3.1*	6.4 $\pm$ 3.0
HDL-C	2.9 $\pm$	3.4	0.5 $\pm$ 4.9	0.2 $\pm$ 2.3
ApoA	-12.4 $\pm$	4.1	- 5.4 $\pm$ 4.4	-1.6 $\pm$ 4.8
TG	17.0 $\pm$	10.2	- 3.8 $\pm$ 8.3	38.4 $\pm$ 21.
HDL/C	12.5 $\pm$	3.3*	16.2 $\pm$ 6.4*	0.4 $\pm$ 3.0
LDL/HDL	-15.1 $\pm$	3.7*	-14.3 $\pm$ 5.9	-1.8 $\pm$ 4.2

\*Significantly different from RS, p < .05

Differences between RB and OB were not significant.

Processed RB reduces LDL-C and improves lipid ratios.