

**A MONOGRAPH ON
NUTRITIONAL FACTORS
CONTRIBUTING FOR OBESITY AND
CARDIOVASCULAR DISEASES**

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5. Tri-glycerides

- In a very large population of individuals raised tri-glyceride level is associated with raised cholesterol level in blood.
- Most important activity of tri-glycerides is determined by activity of enzyme lipoprotein lipase present in the endothelial lining of capillaries & in variety of tissues.

6. Salt intake

- High Na intake has a proportional relationship with hypertension.
- Drastically low Na diet (<10mMol per day) reduces hypertension.
- High Incidence of hypertension found in north Japan with Na intake >400mMol/day.

