

CHAPTER VI



CONCLUSION

The present study investigated the effects of nutrition counseling and nutrition counseling with *O. canum* seed supplementation on serum lipid levels in hypercholesterolemic subjects. After nutrition counseling (dietary control alone), the subjects improved their eating behavior by reducing high fat and cholesterol containing foods. However, serum total cholesterol and LDL cholesterol concentrations were not significantly decreased after dietary control only and dietary control with *O. canum* seed supplementation. Serum triglyceride and HDL cholesterol concentrations were not significantly changed throughout the study. The results of the present study suggest that hypercholesterolemic subjects cannot rely on *O. canum* seeds (15 g/day) supplementation as an effective means of reducing their cholesterol concentration.

Nutrition counseling is important as part of treatment for hypercholesterolemic patients. For effective reduction of blood cholesterol levels, dietary advice should continue to emphasize the importance of increasing the intake of dietary fiber in the form of complex carbohydrate, fruits and vegetables and reducing the consumption of high fat or cholesterol containing foods such as animal products which high in fats and cholesterol. However, nutrition counseling with *O. canum* seed supplementation of 15 g/day may be effective to reduce total cholesterol and LDL cholesterol.

1. Limitation of the study

The study had only one group of the subjects. It was designed to self-control study because the limitation of the number of samples.

2. The future research

The future research should extend the time of the study and determine serum lipid levels again after 6 weeks without nutrition counseling and supplementation period. Additionally, the future research should determine the effective dose of *O. canum* seeds on reducing serum total cholesterol and LDL cholesterol and increase the number of subjects assigned to treatment and control groups.