

Effectiveness of pulse-based foods combined with exercise for improving components of the metabolic syndrome

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SPG Contributions	Project Status	Duration/Timeline of Project (Year to Year)	Total Project Cost
\$234,877.00	Completed	August 2008 – August 2011	\$234,877.00

Project Description

To demonstrate that pulses are additive to exercise training for reducing risk factors associated with the metabolic syndrome; to promote the consumption of pulse as an important component of healthy lifestyle.

Outcome

A pulse-based diet is effective for reducing total cholesterol and LDL-C in older adults and therefore reduces the risk of cardiovascular disease.

Research Objective

OBJECTIVE 1

To demonstrate that pulses are additive to exercise training for reducing risk factors associated with the metabolic syndrome.

OBJECTIVE 2

To promote the consumption of pulse as an important component of healthy lifestyle.