

**DEVELOPMENT AND EVALUATION OF FUNCTIONAL
FOOD MIXES ON ADULTS WITH CARDIOVASCULAR
DISEASES AND IMPACT OF DIET COUNSELLING**

**By
S. SUGASRI**

*A thesis submitted to
Avinashilingam Institute for Home Science and
Higher Education for Women
Coimbatore – 641 043*

In partial fulfillment of the requirements for the degree of

**DOCTOR OF PHILOSOPHY
IN
FOOD SCIENCE AND NUTRITION**

FEBRUARY - 2012