

**QUESTIONNAIRE ON SOCIOECONOMIC, DIETARY HABITS, HEALTH AND LIFE STYLE  
PATTERN AND NUTRITIONAL STATUS**

**Section A**

**Socio-economic Information**

1. Name :
2. Age :
3. Sex :
4. Education Qualification :
5. Occupation :
6. Type of Activity :  
    \_\_\_\_\_ Sedentary  
    \_\_\_\_\_ Moderate  
    \_\_\_\_\_ Heavy
7. Type of Family :  
    \_\_\_\_\_ Joint Family  
    \_\_\_\_\_ Nuclear Family
8. Monthly Income :
9. Total family Income :  
    \_\_\_\_\_ Low Income  
    \_\_\_\_\_ Middle Income  
    \_\_\_\_\_ High Income

**SECTION B**

**Dietary habits**

**Type of diet**

- \_\_\_\_\_ Vegetarian  
\_\_\_\_\_ Non Vegetarian  
\_\_\_\_\_ Ova Vegetarian

**Daily Meals**

On the average how many meals do you consume per day?

- \_\_\_\_\_ 3 meals with "healthy" snacks  
\_\_\_\_\_ 3 meals  
\_\_\_\_\_ 2 meals or less  
\_\_\_\_\_ No regular eating pattern

**Consumption of grain/bread products**

On the average, indicate the type and amount of grain products you normally consume per day.

NOTE: A serving is 1 sl. bread, 1/3 cup beans / peas, 1/3 cup oatmeal, rice or other grain products.

- \_\_\_\_\_ Whole grains at least 6 to 11 servings per day  
\_\_\_\_\_ Whole grains 6 servings or fewer servings per day

- Refined grains such as white bread/rolls/processed flour at least 6 to 11 servings per day
- Refined grains such as white bread/rolls/processed flour 6 or less servings per day
- Rarely consume grain products

### **Consumption of vegetables**

On the average, how many servings of vegetables do you consume per day? Note: A serving is approximately 1 cup of raw or 1/2 cup of cooked.

- At least 3 to 5 servings per day
- Less than 3 servings per day
- Rarely consume vegetables

### **Consumption of fruits**

On the average, how many servings of fruit do you consume per day? Note: A serving is approximately 1 piece of fruit.

- At least 2 to 4 servings per day
- Less than 2 servings
- Hardly ever consume fruit

### **Daily consumption of dairy products**

On the average, how many servings of dairy products do you consume per day? Note: A serving is approximately 1 cup of milk or 1 oz. of cheese.

- At least 2 servings per day
- Less than 2 servings
- Hardly ever consume dairy products

### **Type of Dairy products**

Indicate the type of dairy products you consume.

- Nonfat selections only
- Both low fat and nonfat about the same
- Low fat only
- Usually high fat selections
- Do not consume dairy products

### **Daily consumption of meats and meat products**

Indicate the type of meat you normally consume.

- Do not consume meat or meat products
- Consume daily
- Consume twice a week
- Consume once in a week
- Consume rarely

### Consumption of water

On the average, how many glasses of water do you consume per day? Note: A serving is one 8-oz. glass of water only; do not include coffee, soda or other beverages.

- \_\_\_\_\_ At least 8 glasses per day
- \_\_\_\_\_ About 4 to 8 glasses per day
- \_\_\_\_\_ Less than 4 glasses per day
- \_\_\_\_\_ Seldom consume water

### Convenience and snack food consumption

On the average how many times per day do you eat convenience foods or forms of fast food?

- \_\_\_\_\_ Never
- \_\_\_\_\_ Less than 1 time per day
- \_\_\_\_\_ More than 1 time per day

### Types of oils and fats used in cooking

S.No	Type of fats and oils	Quantity (g)	Frequency				
			Daily	Twice	Weekly	Fortnightly	Monthly
1.	Butter						
2.	Ghee						
3.	Dalda						
4.	Gingelly oil						
5.	Groundnut oil						
6.	Palmolein oil						
7.	Sunflower oil						
8.	Refined groundnut oil						
9.	Rice bran oil						
10.	Red palm oil						
11.	Coconut oil						
12.	Any other						

### **Section C** **Lifestyle Pattern**

#### **Alcohol/Caffeine/Tobacco Consumption**

##### **Consumption of alcohol**

How often do you consume alcohol?

- \_\_\_\_\_ Never drink
- \_\_\_\_\_ 2 days or less per week
- \_\_\_\_\_ 3 days per week

\_\_\_\_\_ 4 or more days per week

### **Number of alcoholic beverages**

On the days you drink, on the average how many drinks do you have?

\_\_\_\_\_ Never drink

\_\_\_\_\_ 1 to 2 drinks

\_\_\_\_\_ 3 to 4 drinks

\_\_\_\_\_ 5 or more drinks

### **Caffeine**

How often do you consume caffeine in your diet including coffee, tea, cola or chocolate?

\_\_\_\_\_ Never

\_\_\_\_\_ Occasionally but not every day

\_\_\_\_\_ 1 to 3 servings daily

\_\_\_\_\_ 3 to 5 servings daily

\_\_\_\_\_ More than 5 servings daily

### **Smoking status**

Indicate which of the following best represents your current status

NOTE: Check all that apply.

\_\_\_\_\_ Have never smoked

\_\_\_\_\_ Quit smoking less than 5 years ago

\_\_\_\_\_ Quit smoking more than 5 years ago

\_\_\_\_\_ Smoke pipe or cigar

\_\_\_\_\_ Smoke less than 1 pack of cigarettes per day

\_\_\_\_\_ Smoke more than 1 pack of cigarettes per day

### **Smokeless Tobacco**

Do you use smokeless tobacco?

\_\_\_\_\_ Yes

\_\_\_\_\_ No

### **Exercise Pattern**

1. Occupation; please explain your position along with the physical and mental responsibilities involved.
2. Do you have an ergonomically set up desk/workstation?
3. How many hours do you spend in front of a computer?
4. How much time do you spend in a seated position?

5. On a scale of 1 to 10 (1=not active, 10=very active) please rate how active you are on a daily basis?
6. How many hours sleep do you get everyday?
7. Do you consider yourself to be under stress? If yes provide details.
8. Are you currently involved in any exercise programme? If yes please list how long and what type of exercises.
9. Have you ever had a personal trainer? If yes provide details of when and for how long?
10. Do you follow, or have you recently followed, any specific dietary intake plan, and in general how do you feel about your nutritional habits?

### Section C

#### History of Disease

##### Personal History

1. Do you suffer from any of the following. *(Please tick & give details where applicable)*

Asthma	<input type="checkbox"/>	Constipation	<input type="checkbox"/>	Rheumatic Fever	<input type="checkbox"/>
Angina	<input type="checkbox"/>	Diabetes	<input type="checkbox"/>	High Cholesterol	<input type="checkbox"/>
High Blood Pressure	<input type="checkbox"/>	Frequent Colds	<input type="checkbox"/>	Palpitations	<input type="checkbox"/>
Low Blood Pressure	<input type="checkbox"/>	Dizziness/fainting	<input type="checkbox"/>	Headaches	<input type="checkbox"/>
Epilepsy	<input type="checkbox"/>	Heart Disease	<input type="checkbox"/>	Migraines	<input type="checkbox"/>
Arthritis	<input type="checkbox"/>	Shortness of breath	<input type="checkbox"/>	Joint Pain	<input type="checkbox"/>

DETAILS: \_\_\_\_\_

2. Have any of your first-degree relatives experienced the following conditions?

Heart attack  Heart operation  Congenital heart disease  High cholesterol

3. Have you ever had surgery?  Yes/No  If yes give details.
4. Have you ever broken any bones?  Yes/No  If yes give details.
5. Do you suffer from back pain?  Yes/No  If yes give details.
6. Do you have tension or soreness in a specific area? Yes  / No  If yes give details.
7. Do you experience numbness, tingling or stabbing pains anywhere? Yes/ No   
If yes give details.
8. Are you sensitive to touch/pressure in any area?  Yes/No  If yes give details
9. Do you experience stiff, swollen or painful joints?  Yes/No  If yes give details.
10. Do you stress or strain? (Job/home/outside)  Yes/No  If yes give details.
11. What is your "chief complaint"?
12. Date of onset & duration

13. What incident do you feel may have caused the problem?
14. Treatment to date
15. Previous diagnoses
16. Does your "chief complaint" affect you on a day-to-day basis? Yes/No If yes give details
17. Are the symptoms brought on by certain activities? Yes/No If yes give details.
18. Do specific activities or positions alleviate your symptoms? Yes/No If yes give details. When is the pain worse?
19. Do you experience fatigue or lack of energy? If yes give details.
20. What is your current weight?
21. Have you had any of the following: physical therapy, osteopathy, chiropractic, massage therapy, other? Please elaborate.
- 22 Date of Diagnosis :
- 23 Duration :
- 24 Cause
25. Please list any medications you are currently taking.

Naturopathy	<input type="checkbox"/>
Ayurvedic	<input type="checkbox"/>
Homeopathy	<input type="checkbox"/>
Siddha	<input type="checkbox"/>
Unani	<input type="checkbox"/>
Allopathy	<input type="checkbox"/>
None	<input type="checkbox"/>

### Family History

#### 26. Family history of obesity

Indicate the number of members of your direct family who have been diagnosed with diabetes.

NOTE: Father/Mother/Sister/Brother

\_\_\_\_\_None

\_\_\_\_\_1 person

#### 27. Family history of Coronary Heart Disease

Indicate the number of members of your direct family who have died or been diagnosed with Coronary Heart Disease .

NOTE: Father/Mother/Sister/Brother

\_\_\_\_\_None

\_\_\_\_\_1 person

\_\_\_\_\_ More than 1

**28. Family history of Strokes or Cerebral Vascular Disease.**

Indicate the number of members of your direct family who have died or been diagnosed with Strokes or Cerebral Vascular Disease.

NOTE: Father/Mother/Sister/Brother

\_\_\_\_\_ None

\_\_\_\_\_ 1 person

\_\_\_\_\_ More than 1

**29. History of cancer**

Have you ever been diagnosed with any type of cancer?

\_\_\_\_\_ Yes

\_\_\_\_\_ No

**Signs and symptoms**

- Breathlessness;
- Sweating a lot;
- Snoring;
- Difficulty sleeping;
- Inability to cope with sudden physical activity;
- Feeling very tired every day;
- Back and joint pains.

**Complications**

- High blood pressure;
- High blood sugar;
- Heart disease;
- Stroke;
- High cholesterol levels (fatty deposits which block the arteries);
- Breast cancer in women;
- Gallbladder disease;
- Gastro-oesophageal reflux disease (when acid from the stomach flows back up into the gullet);
- Arthritis of the back, hips, knees and ankles;
- Diabetes and difficulty controlling existing diabetes;
- Polycystic ovarian syndrome;
- Reduced life expectancy.

**Section D**

**Nutritional Status**

**Anthropometry**

Weight (kg) :  
Height (cm) :  
BMI :  
Waist circumference(cm) :  
Hip circumference :  
Waist/Hip Ratio (cm) :

**Biochemical**

Total Cholesterol :  
\_\_\_\_\_ Before  
\_\_\_\_\_ After  
LDL-C :  
\_\_\_\_\_ Before  
\_\_\_\_\_ After  
HDL-C  
\_\_\_\_\_ Before  
\_\_\_\_\_ After  
Triglycerides  
\_\_\_\_\_ Before  
\_\_\_\_\_ After  
Blood Pressure  
\_\_\_\_\_ Before  
\_\_\_\_\_ After  
Blood Sugar  
Fasting  
\_\_\_\_\_ Before  
\_\_\_\_\_ After  
Post Prandial  
\_\_\_\_\_ Before  
\_\_\_\_\_ After  
HBA<sub>1</sub>C  
\_\_\_\_\_ Before  
\_\_\_\_\_ After

**Address** :

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**Phone / Mobile** :

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All information on this form is correct to the best of my knowledge and I have sought, and followed, any necessary medical advice.

Client's Signature: ..... Date: .....

**ANTHROPOMETRIC MEASUREMENTS AND BLOOD PARAMETERS**

S.No	Anthropometric measurement and blood parameters of the OB Group - Experimental													
	Initial			Final			WHR		Fasting Glucose (mg/dl)		Post Prandial Glucose (mg/dl)		HBA <sub>1</sub> C (%)	
	Height (m)	Weight (kg)	BMI	Height (m)	Weight (kg)	BMI	Initial	Final	Initial	Final	Initial	Final	Initial	Final
1	1.53	78	33.3	1.53	75	32.0	0.98	0.97	82	81	123	111	6.8	6
2	1.54	74	31.2	1.54	70	29.5	0.99	0.98	66	64	175	165	7.1	7.1
3	1.62	82	31.2	1.62	78.5	29.9	0.96	0.98	66	63	114	102	6.6	6.2
4	1.54	76.5	32.3	1.54	71	29.9	1.00	0.96	96	95	140	132	6.7	6.4
5	1.49	65.5	29.5	1.49	63	28.4	1.01	0.98	93	91	132	131	6.9	6.7
6	1.61	81.5	31.4	1.61	77	29.7	1.02	1.01	68	67	101	94	7	7.1
7	1.54	81	34.2	1.54	76	32.0	0.95	0.95	85	88	125	116	7.1	6.4
8	1.51	73.5	32.2	1.51	73	32.0	1.00	1.00	110	104	167	149	7.7	7.3
9	1.45	72.5	34.5	1.45	68	32.3	0.98	0.98	96	93	137	121	7.2	7
10	1.5	73	32.4	1.5	69	30.7	0.98	1.01	87	86	115	102	7.2	6.1
11	1.51	77.5	34.0	1.51	74	32.5	0.90	0.92	92	88	140	142	7.6	6.4
12	1.53	74	31.6	1.53	71	30.3	0.97	0.98	83	81	128	121	7.2	6.7
13	1.61	81	31.2	1.61	78.5	30.3	0.95	0.96	66	68	114	102	6.7	6.4
14	1.45	72	34.2	1.45	70.6	33.6	0.94	0.92	65	66	113	106	7	6.2
15	1.5	78	34.7	1.5	74	32.9	1.11	1.12	79	78	120	111	7.2	7
16	1.63	90	33.9	1.63	88	33.1	0.96	0.92	93	91	125	121	7.7	7.1
17	1.55	80.5	33.5	1.55	77.5	32.3	1.00	0.95	97	95	120	113	6.9	6.3
18	1.52	73	31.6	1.52	69	29.9	0.97	0.95	100	96	136	121	7.2	7
19	1.53	79	33.7	1.53	76	32.5	0.96	0.96	66	69	101	92	6.2	6.4
20	1.57	75	30.4	1.57	71.5	29.0	0.98	0.98	66	67	111	95	7	7
21	1.55	86.5	36.0	1.55	83	34.5	0.91	0.91	87	83	122	102	6.9	6.4
22	1.61	77.5	29.9	1.61	74	28.5	1.00	0.98	60	61	119	111	6.7	6.5
23	1.56	75	30.8	1.56	72	29.6	1.00	1.00	74	73	126	121	7.6	7.2
24	1.5	77	34.2	1.5	74.5	33.1	1.00	0.98	95	95	132	121	7.2	6.7
25	1.58	76.5	30.6	1.58	74	29.6	1.00	0.99	66	65	106	98	6.9	6.6
26	1.6	80.5	31.4	1.6	77	30.1	0.96	0.95	96	95	133	125	8	8
27	1.52	74.5	32.2	1.52	71	30.7	1.00	0.98	68	65	120	102	7.4	7.1
28	1.51	72	31.6	1.51	67	29.4	1.00	0.99	75	75	131	121	7.9	7.7
29	1.52	72.3	31.3	1.52	69	29.9	1.00	0.98	72	71	128	121	7.7	7.2
30	1.61	85	32.8	1.61	81	31.2	1.00	0.98	68	63	119	111	6.8	6.5

S.No	Experimental (OB) Group											
	TC (mg/dl)		LDL (mg/dl)		HDL (mg/dl)		TG (mg/dl)		VLDL (mg/dl)		TC/HDL	
	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final
1	256	222	198.2	163	45	46	64	65	12.8	13	5.7	4.8
2	301	261	246.6	204.8	32	34	112	111	22.4	22.2	9.4	7.7
3	232	196	170	133	34	37	140	130	28	26	6.8	5.3
4	225	180	152.2	113.8	38	42	124	121	24.8	24.2	5.7	4.3
5	317	281	238.4	209.4	43	41	178	153	35.6	30.6	7.4	6.9
6	222	173	146.8	122.6	24	22	156	142	31.2	28.4	8.4	7.9
7	294	253	235.6	195.8	46	45	62	61	12.4	12.2	6.4	5.6
8	258	230	185	160.4	41	41	160	143	32	28.6	6.3	5.6
9	248	192	188.4	132.8	28	29	158	151	31.6	30.2	8.9	6.6
10	281	253	224	193.8	33	37	120	111	24	22.2	8.5	6.8
11	266	220	189.6	146.6	37	39	197	172	39.4	34.4	7.2	5.6
12	245	189	137.4	87.8	26	27	408	371	81.6	74.2	9.4	7.0
13	265	225	210.4	169	40	43	73	65	14.6	13	6.6	5.2
14	260	192	200.4	133.2	39	40	103	94	20.6	18.8	6.7	4.8
15	220	163	145.2	107.4	40	42	74	68	14.8	13.6	5.0	3.9
16	239	193	171.4	126.2	42	43	128	119	25.6	23.8	5.7	4.5
17	291	260	242.6	210.8	27	29	107	101	21.4	20.2	10.8	9.0
18	252	222	180.8	151	45	47	131	120	26.2	24	5.6	4.7
19	279	248	237.6	203	29	33	62	60	12.4	12	9.6	7.5
20	255	215	185.8	145.8	47	49	111	101	22.2	20.2	5.4	4.4
21	300	262	232.2	194.8	48	49	99	91	19.8	18.2	6.3	5.3
22	267	221	191	146.8	38	40	190	171	38	34.2	7.0	5.5
23	257	200	197.4	141.2	28	34	158	124	31.6	24.8	9.2	5.9
24	281	248	224	193.6	33	34	120	102	24	20.4	8.5	7.3
25	256	229	179.6	158	37	38	197	165	39.4	33	6.9	6.0
26	264	213	211.2	159.8	39	41	69	61	13.8	12.2	6.8	5.2
27	246	209	173	137.4	49	51	120	103	24	20.6	5.0	4.1
28	267	225	210	168.6	37	38	100	92	20	18.4	7.2	5.9
29	260	217	196.4	153.6	45	46	93	87	18.6	17.4	5.8	4.7
30	279	231	199.4	153.2	37	38	213	199	42.6	39.8	7.5	6.1

S.No	Anthropometric measurement and blood parameters of the OB Group - Control													
	Initial			Final			WHR		Fasting Glucose (mg/dl)		Post Prandial Glucose (mg/dl)		HBA <sub>1</sub> C (%)	
	Height (m)	Weight (kg)	BMI	Height (m)	Weight (kg)	BMI	Initial	Final	Initial	Final	Initial	Final	Initial	Final
1	1.57	76.5	31.0	1.57	75	30.4	0.96	0.96	86.9	86.9	119.9	120	6.2	6
2	1.57	84.5	34.3	1.57	84	34.1	0.97	0.96	60.2	60	136.2	136	6.2	5.9
3	1.6	84	32.8	1.6	83.5	32.6	0.95	0.94	73.9	73.8	100.9	101	6.6	6.4
4	1.6	98.5	38.5	1.6	99	38.7	0.95	0.95	94.6	95	139.5	139.5	6.2	6
5	1.5	89	39.6	1.5	88	39.1	1.06	1.06	66	66	128	128	5.7	5.5
6	1.57	74	30.0	1.57	73.5	29.8	0.95	0.95	96.2	96	114.3	114	6	5.7
7	1.6	78	30.5	1.6	78	30.5	0.97	0.97	68.1	68	113.2	113	6.2	6
8	1.6	76.5	29.9	1.6	76	29.7	0.97	0.99	74.5	74	119.4	119	6.7	6.4
9	1.45	81	38.5	1.45	80.5	38.3	0.96	0.96	72.1	71.8	124.8	125	5.9	5.5
10	1.45	89.5	42.6	1.45	89	42.3	1.14	1.12	68.4	68	119.9	120	5.8	5.8
11	1.57	79	32.0	1.57	79	32.0	1.03	1.02	66	66	140.4	141	6.2	6.1
12	1.63	80	30.1	1.63	81	30.5	0.97	0.96	96.2	96	132.5	133	5.6	5.5
13	1.62	82	31.2	1.62	80	30.5	0.97	0.96	68.1	68	100.6	100	5.7	5.5
14	1.63	81.5	30.7	1.63	81.5	30.7	1.05	1.04	74.5	74.4	124.9	125	5.9	5.8
15	1.62	80	30.5	1.62	79.5	30.3	0.97	0.98	65.5	65.5	167	167	6	6.1
16	1.57	80	32.5	1.57	79.5	32.3	0.98	0.99	65.4	65	136.2	136	6.1	6
17	1.6	78	30.5	1.6	78	30.5	0.95	0.94	78.9	78.3	175.2	174.9	6.7	6.8
18	1.45	77	36.6	1.45	78	37.1	0.96	0.96	93.2	93	114.1	114	6.2	6.5
19	1.46	70	32.8	1.46	70.5	33.1	1.04	1.03	96.8	96.2	140.4	140	5.2	5.5
20	1.45	69	32.8	1.45	67	31.9	0.98	0.97	65.5	65	132.5	132.5	6	6
21	1.57	75	30.4	1.57	74.5	30.2	1.04	1.04	96.8	96.4	100.6	100.5	5.9	6
22	1.45	74	35.2	1.45	72	34.2	0.98	0.99	82	82	124.9	125	5.7	5.4
23	1.52	70.5	30.5	1.52	69.5	30.1	1.00	1.00	100.4	100	114.3	114	11.1	11
24	1.55	73	30.4	1.55	72	30.0	0.99	0.99	65.5	66	113.2	113	8.9	9
25	1.45	70	33.3	1.45	69.5	33.1	1.04	1.04	66	67	119.4	119	10.5	10.4
26	1.57	92.5	37.5	1.57	92	37.3	0.98	0.98	86.9	86.9	124.8	125	9.9	9.5
27	1.52	84.5	36.6	1.52	84	36.4	1.08	1.08	96.2	96	119.9	120	9.7	9.7
28	1.6	90	35.2	1.6	90	35.2	1.08	1.08	69	69	136.2	136	10.6	10.4
29	1.52	71	30.7	1.52	70.5	30.5	0.95	0.96	73.9	74	175.2	174.9	9.8	9.5
30	1.52	93	40.3	1.52	92.5	40.0	0.96	0.97	73	73	115.2	114.9	6	6

Control (OB) Group												
S.No	TC (mg/dl)		LDL (mg/dl)		HDL (mg/dl)		TG (mg/dl)		VLDL (mg/dl)		TC/HDL	
	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final
1	245	241	173	168.6	43	44	145	142	29	28.4	5.7	5.5
2	243	239	171.2	167.6	43	43	144	142	28.8	28.4	5.7	5.6
3	246	254	198	205.8	27	27	105	106	21	21.2	9.1	9.4
4	260	256	228.8	225.8	22	21	46	46	9.2	9.2	11.8	12.2
5	249	252	181	185.2	46	45	110	109	22	21.8	5.4	5.6
6	284	280	208	201.4	54	57	110	108	22	21.6	5.3	4.9
7	299	301	242.6	243.6	45	46	57	57	11.4	11.4	6.6	6.5
8	288	292	178.8	183	49	49	301	300	60.2	60	5.9	6.0
9	250	256	154	159.2	64	65	160	159	32	31.8	3.9	3.9
10	252	241	185.6	173.8	29	30	187	186	37.4	37.2	8.7	8.0
11	263	267	194.6	200.6	35	33	167	167	33.4	33.4	7.5	8.1
12	261	276	190.4	206.6	41	40	148	147	29.6	29.4	6.4	6.9
13	276	285	212.8	220.4	48	49	76	78	15.2	15.6	5.8	5.8
14	256	255	197	195	46	47	65	65	13	13	5.6	5.4
15	276	264	221.6	209	32	32	112	115	22.4	23	8.6	8.3
16	256	266	194	204.4	34	34	140	138	28	27.6	7.5	7.8
17	260	250	197.2	187.2	38	38	124	124	24.8	24.8	6.8	6.6
18	275	283	211.4	218.8	38	39	128	126	25.6	25.2	7.2	7.3
19	252	247	192	187.8	42	41	90	91	18	18.2	6.0	6.0
20	272	263	217.2	208.8	40	39	74	76	14.8	15.2	6.8	6.7
21	264	268	196.4	198.8	42	44	128	126	25.6	25.2	6.3	6.1
22	256	250	207.6	202	27	27	107	105	21.4	21	9.5	9.3
23	248	244	176.8	172.2	45	46	131	129	26.2	25.8	5.5	5.3
24	257	247	215.6	204.4	29	30	62	63	12.4	12.6	8.9	8.2
25	247	238	177.8	169.2	47	47	111	109	22.2	21.8	5.3	5.1
26	275	270	207.2	201.4	48	49	99	98	19.8	19.6	5.7	5.5
27	257	247	201.8	191	24	25	156	155	31.2	31	10.7	9.9
28	269	275	210.6	215	46	47	62	65	12.4	13	5.8	5.9
29	253	257	180	184	41	41	160	160	32	32	6.2	6.3
30	259	262	199.4	203	28	28	158	155	31.6	31	9.3	9.4

S.No	Anthropometric measurement and blood parameters of the OBD Group - Experimental													
	Initial			Final			WHR		Fasting Glucose (mg/dl)		Post Prandial Glucose (mg/dl)		HBA <sub>1</sub> C (%)	
	Height (m)	Weight (kg)	BMI	Height (m)	Weight (kg)	BMI	Initial	Final	Initial	Final	Initial	Final	Initial	Final
1	1.6	79	30.9	1.6	75.2	29.4	1.06	0.96	181	166	296	277	10	8.3
2	1.52	74	32.0	1.52	70	30.3	0.98	0.99	153	149	283	271	11.2	9.9
3	1.61	81	31.2	1.61	78	30.1	0.91	0.90	176	166	287	261	10.9	10.1
4	1.54	75.5	31.8	1.54	72.9	30.7	1.21	1.21	162	143	298	261	9.7	8.2
5	1.4	64.5	32.9	1.4	61.9	31.6	0.98	0.94	158	150	275	241	9.8	8
6	1.6	80	31.3	1.6	76	29.7	1.00	1.02	171	162	277	235	10.8	10.1
7	1.61	82	31.6	1.61	79.5	30.7	0.98	0.95	169	153	290	265	11.3	10.3
8	1.51	75	32.9	1.51	72	31.6	1.02	1.01	189	171	293	278	10.5	9.3
9	1.49	74.5	33.6	1.49	70	31.5	0.95	0.98	156	143	282	265	11	10.2
10	1.5	72	32.0	1.5	68	30.2	1.00	0.99	123	113	221	200	9.9	8.6
11	1.56	80	32.9	1.56	76	31.2	0.91	0.92	152	141	290	273	9.8	9.2
12	1.52	73	31.6	1.52	70	30.3	0.94	0.94	160	142	276	241	10.3	9.2
13	1.61	80	30.9	1.61	75	28.9	0.91	0.91	158	145	287	264	8.4	8
14	1.49	71	32.0	1.49	67.5	30.4	0.97	0.97	131	120	341	310	9.6	8.5
15	1.5	80.5	35.8	1.5	75.5	33.6	0.99	0.98	171	168	278	252	10.7	9.2
16	1.58	94.5	37.9	1.58	91.5	36.7	0.89	0.91	131	122	345	331	9.8	9
17	1.59	77	30.5	1.59	75	29.7	1.21	1.18	162	151	294	281	9.5	8.8
18	1.52	69	29.9	1.52	66.5	28.8	0.95	0.95	189	173	293	271	10.4	9.6
19	1.54	81.5	34.4	1.54	78	32.9	1.10	1.10	158	148	287	271	9.8	8.3
20	1.52	75	32.5	1.52	73	31.6	0.97	0.97	126	120	349	314	10.2	9.2
21	1.58	90.5	36.3	1.58	86.5	34.6	1.00	1.01	176	167	265	241	9.8	9.1
22	1.61	76.5	29.5	1.61	73.5	28.4	1.03	1.00	171	161	268	243	10.9	9.4
23	1.56	74.5	30.6	1.56	72	29.6	0.99	0.99	156	145	276	249	9.7	9
24	1.54	88	37.1	1.54	85.5	36.1	0.97	0.97	169	151	292	256	11.1	10.7
25	1.5	76	33.8	1.5	75	33.3	0.98	0.99	144	140	289	269	8.9	8.2
26	1.6	81.5	31.8	1.6	76	29.7	0.96	0.96	156	144	291	279	10.5	8.4
27	1.52	75	32.5	1.52	71	30.7	1.30	1.32	179	168	284	271	9.9	9
28	1.51	72	31.6	1.51	68	29.8	1.00	1.01	130	121	343	310	9.7	9.1
29	1.54	76.5	32.3	1.54	74	31.2	1.13	1.12	189	174	290	271	10.6	9.5
30	1.53	72	30.8	1.53	69	29.5	1.18	1.16	123	117	396	371	9.8	8.2

Experimental (OBD) Group												
S.No	TC (mg/dl)		LDL (mg/dl)		HDL (mg/dl)		TG (mg/dl)		VLDL (mg/dl)		TC/HDL	
	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final
1	227	185	112.2	89.8	73	76	109	96	21.8	19.2	2.8	2.4
2	228	181	148.2	113.8	46	47	119	101	23.8	20.2	4.7	3.9
3	229	189	128.4	109.8	52	55	143	121	28.6	24.2	4.0	3.4
4	326	302	241	218.8	35	37	250	231	50	46.2	9.3	8.2
5	220	191	159.6	128.8	31	38	147	121	29.4	24.2	7.1	5.0
6	304	263	202.6	163.6	57	59	222	202	44.4	40.4	5.3	4.5
7	370	322	268.4	216	61	65	203	205	40.6	41	6.1	5.0
8	228	201	168.8	133	28	39	156	145	31.2	29	8.1	5.2
9	241	220	153.2	136.8	51	54	184	146	36.8	29.2	4.7	4.1
10	225	201	153.4	132.8	42	44	148	121	29.6	24.2	5.4	4.6
11	220	183	123.2	89.2	56	58	194	179	38.8	35.8	3.9	3.2
12	297	236	223.6	164.6	41	45	162	132	32.4	26.4	7.2	5.2
13	233	201	110.8	79.8	66	69	281	261	56.2	52.2	3.5	2.9
14	253	223	198	163.6	35	41	100	92	20	18.4	7.2	5.4
15	310	268	229.2	183.6	44	48	184	182	36.8	36.4	7.0	5.6
16	273	243	198.8	168	39	42	176	165	35.2	33	7.0	5.8
17	286	228	187.2	128.4	52	56	234	218	46.8	43.6	5.5	4.1
18	365	321	278.6	230.6	29	37	287	267	57.4	53.4	12.6	8.7
19	379	342	314.2	270.8	40	47	124	121	24.8	24.2	9.5	7.3
20	340	311	262.8	233.2	30	34	236	219	47.2	43.8	11.3	9.1
21	298	266	205.4	170.6	49	54	218	207	43.6	41.4	6.1	4.9
22	278	252	221.6	197.6	26	28	152	132	30.4	26.4	10.7	9.0
23	296	262	204.2	169.6	62	64	149	142	29.8	28.4	4.8	4.1
24	267	226	196.4	159	37	38	168	145	33.6	29	7.2	5.9
25	345	310	241.6	204	50	56	267	250	53.4	50	6.9	5.5
26	294	266	215	180.6	39	48	200	187	40	37.4	7.5	5.5
27	342	301	241.4	203	47	49	268	245	53.6	49	7.3	6.1
28	253	223	179.8	149.8	42	49	156	121	31.2	24.2	6.0	4.6
29	286	241	219	168.4	29	37	190	178	38	35.6	9.9	6.5
30	220	178	141.8	116.2	37	42	101	99	20.2	19.8	5.4	4.2

S.No	Anthropometric measurement and blood parameters of the OBD Group - Control													
	Initial			Final			WHR		Fasting Glucose (mg/dl)		Post Prandial Glucose (mg/dl)		HBA <sub>1</sub> C (%)	
	Height (m)	Weight (kg)	BMI	Height (m)	Weight (kg)	BMI	Initial	Final	Initial	Final	Initial	Final	Initial	Final
1	1.52	70.5	30.5	1.52	70	30.3	1.03	1.04	171	170	294	290	11.3	11.2
2	1.62	80	30.5	1.62	79.5	30.3	0.91	0.90	131	130	293	292	10.5	10.5
3	1.65	82	30.1	1.65	80	29.4	1.04	1.04	162	161	287	286	11	11
4	1.57	74.5	30.2	1.57	73	29.6	0.96	0.94	189	188	349	346	9.9	10
5	1.52	77.5	33.5	1.52	77	33.3	0.98	0.98	158	158	265	261	9.8	9.7
6	1.5	77	34.2	1.5	78	34.7	0.95	0.94	126	126	268	268	10.3	10.1
7	1.65	83	30.5	1.65	83	30.5	0.95	0.95	176	176	276	276	8.4	8.5
8	1.65	85.5	31.4	1.65	85	31.2	0.97	0.98	171	171	292	289	9.6	9.3
9	1.45	69	32.8	1.45	69	32.8	1.00	0.99	156	157	289	291	10.7	11
10	1.6	84	32.8	1.6	83.5	32.6	0.97	0.96	169	169	291	292	9.8	9.9
11	1.5	73.5	32.7	1.5	74	32.9	1.01	1.01	144	145	284	281	9.5	9.4
12	1.51	72.5	31.8	1.51	72	31.6	1.01	1.02	156	156	290	283	10.4	10.5
13	1.55	72	30.0	1.55	71.5	29.8	0.96	0.96	179	179	293	291	10	10
14	1.53	79	33.7	1.53	78	33.3	0.96	0.94	130	131	282	280	11.2	11.3
15	1.6	80.5	31.4	1.6	80	31.3	1.14	1.12	189	189	221	221	10.9	11
16	1.62	94	35.8	1.62	95	36.2	1.03	1.03	123	122	290	290	9.7	9.4
17	1.61	88	33.9	1.61	88	33.9	0.97	0.97	153	153	276	275	9.8	9.5
18	1.55	72	30.0	1.55	72	30.0	1.04	1.01	176	176	287	287	10.8	10.7
19	1.46	71.5	33.5	1.46	72	33.8	1.05	1.04	162	162	341	340	9.6	9.5
20	1.6	87	34.0	1.6	88	34.4	1.02	1.02	158	158	278	277	10.7	10.4
21	1.61	78.5	30.3	1.61	78.5	30.3	0.96	0.96	171	170	345	342	9.8	9.7
22	1.59	77	30.5	1.59	76.5	30.3	0.95	0.95	169	168	296	295	9.5	9.5
23	1.5	71	31.6	1.5	71	31.6	0.96	0.95	189	189	283	280	10.4	10
24	1.4	62	31.6	1.4	61.5	31.4	1.04	1.04	156	156	287	286	9.8	10
25	1.63	81	30.5	1.63	80	30.1	1.00	0.98	123	122	298	298	10.2	10
26	1.54	80.5	33.9	1.54	80.5	33.9	1.04	1.04	152	152	275	271	9.8	10
27	1.59	80	31.6	1.59	80.5	31.8	0.95	0.95	160	160	277	276	10.9	11
28	1.6	83	32.4	1.6	83	32.4	0.99	0.98	158	158	276	277	9.7	10
29	1.62	91	34.7	1.62	90.5	34.5	1.11	1.12	156	156	287	284	11.1	10.9
30	1.56	76	31.2	1.56	76	31.2	1.05	1.02	123	121	341	291	10.9	10.6

Control (OBD) Group												
S.No	TC (mg/dl)		LDL (mg/dl)		HDL (mg/dl)		TG (mg/dl)		VLDL (mg/dl)		TC/HDL	
	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final
1	300	298	229	225.2	37	39	170	169	34	33.8	8.1	7.6
2	245	241	173	170.2	40	39	160	159	32	31.8	6.1	6.2
3	262	261	176.8	177	41	40	221	220	44.2	44	6.4	6.5
4	299	300	218.8	219	41	41	196	200	39.2	40	7.3	7.3
5	292	290	188.6	185	44	46	297	295	59.4	59	6.6	6.3
6	278	275	170.8	170	46	45	306	300	61.2	60	6.0	6.1
7	167	165	98.4	98	42	41	133	130	26.6	26	4.0	4.0
8	236	232	149.2	142	42	44	224	230	44.8	46	5.6	5.3
9	233	231	162.8	159	45	46	126	130	25.2	26	5.2	5.0
10	231	230	162.6	160	40	41	142	145	28.4	29	5.8	5.6
11	188	185	121	116.4	39	40	140	143	28	28.6	4.8	4.6
12	241	237	174.4	169.8	38	39	143	141	28.6	28.2	6.3	6.1
13	282	280	197.4	194	40	42	223	220	44.6	44	7.1	6.7
14	256	255	153.6	151.8	43	44	297	296	59.4	59.2	6.0	5.8
15	289	286	185.8	181.6	45	47	291	287	58.2	57.4	6.4	6.1
16	288	287	177.6	175.8	46	47	322	321	64.4	64.2	6.3	6.1
17	249	245	172	166.6	40	42	185	182	37	36.4	6.2	5.8
18	290	291	216.8	214	46	49	136	140	27.2	28	6.3	5.9
19	244	242	175.8	171	44	46	121	125	24.2	25	5.5	5.3
20	258	256	194.8	190.8	39	41	121	121	24.2	24.2	6.6	6.2
21	245	245	167	166	45	47	165	160	33	32	5.4	5.2
22	236	231	165	158	40	42	155	155	31	31	5.9	5.5
23	291	290	199.2	199.8	43	42	244	241	48.8	48.2	6.8	6.9
24	282	285	188.6	192.4	41	41	262	258	52.4	51.6	6.9	7.0
25	286	290	199.4	206.8	41	38	228	226	45.6	45.2	7.0	7.6
26	297	300	197.2	201.2	46	46	269	264	53.8	52.8	6.5	6.5
27	266	271	191.4	194.4	41	44	168	163	33.6	32.6	6.5	6.2
28	261	265	189.4	197.4	44	40	138	138	27.6	27.6	5.9	6.6
29	248	248	178.6	180	43	42	132	130	26.4	26	5.8	5.9
30	236	240	166.2	172.8	44	42	129	126	25.8	25.2	5.4	5.7

S.No	Anthropometric measurement and blood parameters of the OBHL Group - Experimental													
	Initial			Final			WHR		Fasting Glucose (mg/dl)		Post Prandial Glucose (mg/dl)		HBA <sub>1c</sub> (%)	
	Height (m)	Weight (kg)	BMI	Height (m)	Weight (kg)	BMI	Initial	Final	Initial	Final	Initial	Final	Initial	Final
1	1.52	75	32.5	1.52	72	31.2	1.03	1.04	66	64	105.7	101	5.9	5.3
2	1.58	90.5	36.3	1.58	82	32.8	1.02	1.00	96	95	133.3	129	7	6.3
3	1.61	76.2	29.4	1.61	72.5	28.0	1.09	1.08	68.1	65	120.1	117	6.4	6.1
4	1.56	74.5	30.6	1.56	71	29.2	1.00	0.99	74.5	72	130.9	119	6.9	6.4
5	1.54	88	37.1	1.54	85	35.8	1.01	1.01	72.1	70	128	124	6.7	6.1
6	1.5	76	33.8	1.5	71.5	31.8	1.03	1.03	68.4	65	118.5	112	5.8	5.4
7	1.6	81	31.6	1.6	77.5	30.3	1.10	1.08	96	93	137	129	6.2	5.9
8	1.52	75	32.5	1.52	72.5	31.4	1.04	1.08	86.8	85	115	105	6.2	5.6
9	1.54	74	31.2	1.54	71	29.9	0.91	0.90	92	90	139.5	128	6.6	6.2
10	1.62	82	31.2	1.62	80	30.5	1.01	1.01	83.2	81	128	120	6.2	5.7
11	1.54	76.5	32.3	1.54	71.5	30.1	1.08	1.07	66	64	114.3	108	5.7	5.4
12	1.53	74	31.6	1.53	72	30.8	1.11	1.11	65.4	65	113.2	109	6	5.7
13	1.61	81.1	31.3	1.61	76	29.3	1.03	1.03	78.9	77	119.4	101	6.2	5.3
14	1.45	72	34.2	1.45	70.5	33.5	1.05	1.06	93.2	91	124.8	116	6.7	6.3
15	1.5	78	34.7	1.5	73	32.4	1.06	1.06	96.8	94	119.9	110	5.9	5.2
16	1.63	90.2	33.9	1.63	86.5	32.6	1.02	1.02	82	80	123	118	5.8	5.2
17	1.55	80.5	33.5	1.55	77.5	32.3	1.01	1.03	106.8	104	175.2	162	6.2	5.8
18	1.52	72.8	31.5	1.52	69	29.9	1.04	1.04	65.5	62	114.1	107	5.6	5.7
19	1.53	79.2	33.8	1.53	78	33.3	1.00	0.99	96.3	94	140.4	132	5.7	5.2
20	1.57	74.9	30.4	1.57	73.5	29.8	0.99	0.98	93.2	91	132.5	121	5.9	5.2
21	1.6	79	30.9	1.6	75	29.3	0.98	0.96	68.2	64	100.6	93	6	5.8
22	1.52	74	32.0	1.52	72	31.2	1.05	1.04	84.5	82	124.9	119	6.1	5.1
23	1.61	81.1	31.3	1.61	76.5	29.5	0.91	0.94	110.2	106	167	156	6.7	6.1
24	1.54	75.2	31.7	1.54	72.5	30.6	1.00	0.96	100.4	101	136.2	129	6.2	5.6
25	1.4	64.1	32.7	1.4	60	30.6	1.01	0.99	65.5	63	100.9	92	5.2	6
26	1.6	80.1	31.3	1.6	78	30.5	1.01	1.01	66	62	111	100	6	5.2
27	1.61	82	31.6	1.61	76	29.3	0.91	0.92	86.9	82	121.6	119	5.9	5.1
28	1.51	74.9	32.8	1.51	70.5	30.9	1.04	1.03	60.2	61	119.2	105	5.7	5.3
29	1.63	90.2	33.9	1.63	83	31.2	1.01	0.94	73.9	71	125.7	117	6.6	6.5
30	1.55	80.5	33.5	1.55	77	32.0	1.03	1.00	94.6	91	131.8	125	6.2	5.1

Experimental (OBHL) Group												
S.No	TC (mg/dl)		LDL (mg/dl)		HDL (mg/dl)		TG (mg/dl)		VLDL (mg/dl)		TC/HDL	
	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final
1	265	252	191.6	179.8	45	48	142	121	28.4	24.2	5.9	5.3
2	270	240	191.6	161	56	58	112	105	22.4	21	4.8	4.1
3	290	256	220.2	180.8	40	51	149	121	29.8	24.2	7.3	5.0
4	250	234	185.2	157.2	36	51	144	129	28.8	25.8	6.9	4.6
5	248	218	191	157.4	34	39	115	108	23	21.6	7.3	5.6
6	263	220	195	149.2	50	53	90	89	18	17.8	5.3	4.2
7	250	210	178	133.2	43	49	145	139	29	27.8	5.8	4.3
8	268	245	196.2	173.2	43	46	144	129	28.8	25.8	6.2	5.3
9	241	217	193	162.2	27	35	105	99	21	19.8	8.9	6.2
10	253	213	201.8	155.4	22	32	146	128	29.2	25.6	11.5	6.7
11	264	220	196	155.2	46	45	110	99	22	19.8	5.7	4.9
12	279	269	203	190.8	54	59	110	96	22	19.2	5.2	4.6
13	274	304	197.6	231.4	45	47	157	128	31.4	25.6	6.1	6.5
14	313	289	203.8	180.2	49	52	301	284	60.2	56.8	6.4	5.6
15	325	307	229	207.8	64	68	160	156	32	31.2	5.1	4.5
16	277	259	210.6	190.4	29	37	187	158	37.4	31.6	9.6	7.0
17	288	267	219.6	200.2	35	39	167	139	33.4	27.8	8.2	6.8
18	246	232	175.4	158.6	41	48	148	127	29.6	25.4	6.0	4.8
19	287	272	207.6	191.2	66	66	67	74	13.4	14.8	4.3	4.1
20	278	265	197.6	179.2	65	69	77	84	15.4	16.8	4.3	3.8
21	294	276	223	201.8	41	49	150	126	30	25.2	7.2	5.6
22	257	232	195.8	164.2	42	48	96	99	19.2	19.8	6.1	4.8
23	234	221	179.8	159.4	41	46	66	78	13.2	15.6	5.7	4.8
24	319	301	244.8	227.2	43	44	156	149	31.2	29.8	7.4	6.8
25	254	199	190.8	143.6	48	42	76	67	15.2	13.4	5.3	4.7
26	244	203	185	140.6	46	49	65	67	13	13.4	5.3	4.1
27	293	266	226.4	200.8	46	46	103	96	20.6	19.2	6.4	5.8
28	272	235	219.4	177.2	33	38	98	99	19.6	19.8	8.2	6.2
29	317	270	238.4	195.6	43	47	178	137	35.6	27.4	7.4	5.7
30	256	226	200.8	169.8	24	32	156	121	31.2	24.2	10.7	7.1

S.No	Anthropometric measurement and blood parameters of the OBHL Group - Control													
	Initial			Final			WHR		Fasting Glucose (mg/dl)		Post Prandial Glucose (mg/dl)		HBA <sub>1</sub> C (%)	
	Height (m)	Weight (kg)	BMI	Height (m)	Weight (kg)	BMI	Initial	Final	Initial	Final	Initial	Final	Initial	Final
1	1.54	81.1	34.2	1.54	79	33.3	1.04	1.03	74.5	74.5	131.8	132	6	5.9
2	1.52	74.9	32.4	1.52	75	32.5	0.86	0.86	72.1	72	105.7	106	5.9	5.8
3	1.58	90.5	36.3	1.58	90	36.1	0.89	0.88	96.3	96.2	133.3	133	5.7	5.7
4	1.61	76.2	29.4	1.61	76	29.3	0.89	0.90	93.2	93.4	120.1	120	6.6	6.4
5	1.56	74.6	30.7	1.56	75	30.8	0.94	0.94	68.2	68	130.9	130.4	6.2	6
6	1.54	88	37.1	1.54	87.5	36.9	0.93	0.92	84.5	85	128	128	5.9	6
7	1.5	76	33.8	1.5	76	33.8	0.86	0.87	110.2	110.1	140.4	140	7	7.1
8	1.6	81	31.6	1.6	80.5	31.4	1.04	1.06	100.4	100.2	132.5	132	6.4	6
9	1.52	75	32.5	1.52	75	32.5	0.89	0.89	65.5	65.5	100.6	101	6.9	6.5
10	1.54	80.8	34.1	1.54	81	34.2	1.04	1.03	66	66	124.9	124.4	6.7	6.3
11	1.51	73.1	32.1	1.51	72.5	31.8	0.86	0.86	86.9	87	167	167	5.7	5.5
12	1.45	72.1	34.3	1.45	72	34.2	0.86	0.85	60.2	60.1	136.2	136	5.9	6
13	1.5	72.9	32.4	1.5	72	32.0	0.88	0.88	73.9	74	100.9	101	6	6
14	1.51	77.2	33.9	1.51	77	33.8	0.85	0.84	94.6	94.5	111	111	6.1	6
15	1.53	74	31.6	1.53	75	32.0	1.14	1.14	93.2	93	121.6	121	6.7	6.3
16	1.61	81.1	31.3	1.61	82.5	31.8	1.03	1.02	96.8	97	119.2	118.7	6.2	6
17	1.45	72	34.2	1.45	72	34.2	0.93	0.93	100.4	100.4	125.7	125	5.2	5
18	1.5	78	34.7	1.5	77.5	34.4	0.90	0.89	65.5	65.3	131.8	132	6	6.4
19	1.63	90.2	33.9	1.63	90	33.9	1.05	1.05	65.4	65.2	124.8	125	5.9	6
20	1.55	80.5	33.5	1.55	90	37.5	1.04	1.06	78.9	78.4	119.9	119.4	5.7	6
21	1.6	79	30.9	1.6	79.5	31.1	0.89	0.89	93.2	93	136.2	136	6.6	6.4
22	1.52	74.1	32.1	1.52	74	32.0	1.04	1.02	96.8	97	124.9	125	6.2	6
23	1.61	81.1	31.3	1.61	81	31.2	0.86	0.86	83.2	83	167	167	6.7	7
24	1.54	75.2	31.7	1.54	75	31.6	0.89	0.86	66	66	137	136.6	6.7	7
25	1.4	64.1	32.7	1.4	65	33.2	0.89	0.89	65.4	65.2	115	115	6.2	6
26	1.6	80.1	31.3	1.6	80	31.3	1.04	1.03	78.9	79	139.5	140	6.2	6
27	1.61	82	31.6	1.61	82	31.6	0.84	0.84	93.2	93	128	127.8	6.6	6.3
28	1.51	74.9	32.8	1.51	75	32.9	1.05	1.06	96.8	97	114.3	114	6.2	6
29	1.49	74.3	33.5	1.49	74	33.3	1.08	1.08	82	82	113.2	113.6	5.7	6
30	1.5	80.4	35.7	1.5	80	35.6	1.05	1.05	106.8	107	121.6	122	6	6

S.No	Control (OBHL) Group											
	TC (mg/dl)		LDL (mg/dl)		HDL (mg/dl)		TG (mg/dl)		VLDL (mg/dl)		TC/HDL	
	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final
1	278	275	197.6	194	65	66	77	75	15.4	15	4.3	4.2
2	294	290	223	217.2	41	43	150	149	30	29.8	7.2	6.7
3	257	255	195.8	192.6	42	43	96	97	19.2	19.4	6.1	5.9
4	234	232	179.8	177.2	41	42	66	64	13.2	12.8	5.7	5.5
5	319	320	244.8	244	43	44	156	160	31.2	32	7.4	7.3
6	221	220	137.8	137	48	48	76	75	15.2	15	4.2	4.2
7	267	266	192	191.8	43	43	160	156	32	31.2	6.2	6.2
8	300	300	237.2	236.2	34	35	144	144	28.8	28.8	8.8	8.6
9	310	311	232.8	231.6	34	36	216	217	43.2	43.4	9.1	8.6
10	323	325	255.6	257	39	40	142	140	28.4	28	8.3	8.1
11	243	245	175	176.6	36	37	160	157	32	31.4	6.8	6.6
12	287	286	237	235.8	40	41	50	46	10	9.2	7.2	7.0
13	249	249	176	174.2	27	29	230	229	46	45.8	9.2	8.6
14	299	300	251.8	251.6	33	34	71	72	14.2	14.4	9.1	8.8
15	315	316	258.8	259.8	41	42	76	71	15.2	14.2	7.7	7.5
16	318	317	263.6	264	41	40	67	65	13.4	13	7.8	7.9
17	251	250	197	194.6	35	36	95	97	19	19.4	7.2	6.9
18	256	255	184.2	184	34	33	189	190	37.8	38	7.5	7.7
19	275	276	222.2	224	39	38	69	70	13.8	14	7.1	7.3
20	246	245	173	171.2	49	50	120	119	24	23.8	5.0	4.9
21	264	265	207	207.6	37	37	100	102	20	20.4	7.1	7.2
22	260	260	196.4	197	45	45	93	90	18.6	18	5.8	5.8
23	274	275	205.4	208	39	38	148	145	29.6	29	7.0	7.2
24	279	280	199.4	199.8	37	37	213	216	42.6	43.2	7.5	7.6
25	277	275	210.6	210	29	28	187	185	37.4	37	9.6	9.8
26	288	290	219.6	223.4	35	33	167	168	33.4	33.6	8.2	8.8
27	246	243	175.4	173.4	41	41	148	143	29.6	28.6	6.0	5.9
28	287	285	207.6	204.2	66	67	67	69	13.4	13.8	4.3	4.3
29	278	275	197.6	195.6	65	64	77	77	15.4	15.4	4.3	4.3
30	294	292	223	222	41	40	150	150	30	30	7.2	7.3

S.No	Anthropometric measurement and blood parameters of the OBY Group - Experimental													
	Initial			Final			WHR		Fasting Glucose (mg/dl)		Post Prandial Glucose (mg/dl)		HBA <sub>1</sub> C (%)	
	Height (m)	Weight (kg)	BMI	Height (m)	Weight (kg)	BMI	Initial	Final	Initial	Final	Initial	Final	Initial	Final
1	1.53	79	33.3	1.53	74	31.6	0.95	0.92	165	132	282	256	9.7	9
2	1.54	75	32.5	1.54	71	29.9	0.96	0.97	147	127	276	232	10.5	10
3	1.62	90	36.1	1.62	85	32.4	1.04	1.01	173	134	265	213	9.6	8
4	1.54	76	29.3	1.54	70.8	29.9	1.00	1.00	135	121	221	200	11	9.8
5	1.49	75	30.8	1.49	71	32.0	1.04	1.01	129	110	196	179	10.8	9.6
6	1.61	87.5	36.9	1.61	83	32.0	0.95	0.94	167	143	274	234	10.1	8.8
7	1.54	76	33.8	1.54	71	29.9	0.99	0.94	162	139	289	269	9.8	8
8	1.51	80.5	31.4	1.51	77.3	33.9	1.11	1.15	158	129	302	279	10	9
9	1.45	75	32.5	1.45	73	34.7	1.05	1.02	132	119	267	278	9.4	9
10	1.5	81	34.2	1.5	76	33.8	1.06	1.12	121	110	224	229	9.2	8.4
11	1.51	72.5	31.8	1.51	77	33.8	0.98	1.01	145	124	197	170	9.7	8.7
12	1.53	72	34.2	1.53	74	31.6	0.91	0.99	163	150	258	229	11.4	10
13	1.61	72	32.0	1.61	66	25.5	1.21	1.22	160	150	243	221	10.3	8.6
14	1.45	77	33.8	1.45	75	35.7	0.98	0.96	153	136	231	200	10.5	8.9
15	1.5	75	32.0	1.5	70	31.1	1.00	1.00	128	116	215	197	11.9	9.9
16	1.63	82.5	31.8	1.63	78	29.4	0.98	0.96	157	123	234	230	9.9	9
17	1.55	72	34.2	1.55	66	27.5	1.02	1.03	142	129	278	279	9.6	8.4
18	1.52	77.5	34.4	1.52	72.5	31.4	0.95	0.94	136	119	226	211	9.3	8.4
19	1.53	90	33.9	1.53	67	28.6	1.00	0.99	122	90	201	189	11.9	11
20	1.57	90	37.5	1.57	75	30.4	0.91	0.89	176	139	289	232	11.1	10
21	1.55	79.5	31.1	1.55	75	31.2	0.94	0.98	156	126	289	242	9.5	8.4
22	1.61	74	32.0	1.61	70	27.0	0.91	0.98	158	138	267	242	9.4	8.4
23	1.56	81	31.2	1.56	76	31.2	0.97	0.94	160	143	258	231	10.2	9.4
24	1.5	75	31.6	1.5	79	35.1	0.99	0.95	156	141	278	264	9.9	9
25	1.58	65	33.2	1.58	70	28.0	0.89	0.92	158	129	264	237	10.1	9.3
26	1.6	80	31.3	1.6	76	29.7	1.21	0.95	161	142	267	242	10.5	9.5
27	1.52	82	31.6	1.52	78	33.8	0.95	0.98	201	179	290	272	11	10
28	1.51	75	32.9	1.51	71	31.1	1.10	0.96	132	189	213	192	11.3	10
29	1.52	74	33.3	1.52	78	33.8	0.97	1.00	139	167	243	221	9.6	8.2
30	1.61	80	35.6	1.61	76	29.3	1.00	1.02	164	129	289	227	9.2	8.4

Experimental (OBY) Group												
S.No	TC (mg/dl)		LDL (mg/dl)		HDL (mg/dl)		TG (mg/dl)		VLDL (mg/dl)		TC/HDL	
	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final
1	275	236	200	159	60	66	75	55	15	11	4.2	3.9
2	290	245	218.2	177.4	42	43	149	123	29.8	24.6	6.7	5.8
3	255	213	199.6	152.2	36	43	97	89	19.4	17.8	5.9	5.9
4	232	210	187.2	161.2	32	42	64	34	12.8	6.8	5.5	6.6
5	320	300	248	227	40	44	160	145	32	29	7.3	7.5
6	220	198	144	115.6	41	48	75	72	15	14.4	4.2	4.3
7	266	234	195.8	162	39	43	156	145	31.2	29	6.2	6.0
8	300	271	239.2	211.4	32	35	144	123	28.8	24.6	8.6	8.5
9	311	278	237.6	204.6	30	36	217	187	43.4	37.4	8.6	9.3
10	325	298	263	233.8	34	40	140	121	28	24.2	8.1	8.8
11	245	210	181.6	144.4	32	37	157	143	31.4	28.6	6.6	6.6
12	286	267	242.8	217.8	34	41	46	41	9.2	8.2	7.0	7.9
13	249	221	178.2	150	25	29	229	210	45.8	42	8.6	8.8
14	300	278	255.6	234.6	30	34	72	47	14.4	9.4	8.8	9.3
15	316	298	261.8	247.6	40	42	71	42	14.2	8.4	7.5	7.5
16	317	290	266	238	38	40	65	60	13	12	7.9	7.6
17	250	220	198.6	166.2	32	36	97	89	19.4	17.8	6.9	6.9
18	255	232	187	165	30	33	190	170	38	34	7.7	7.7
19	276	243	230	189.4	32	38	70	78	14	15.6	7.3	7.6
20	245	219	179.2	147	42	50	119	110	23.8	22	4.9	5.2
21	265	234	214.6	179.2	30	37	102	89	20.4	17.8	7.2	7.8
22	260	234	202	172.2	40	45	90	84	18	16.8	5.8	5.9
23	275	243	214	180.2	32	38	145	124	29	24.8	7.2	7.6
24	280	240	204.8	163	32	37	216	200	43.2	40	7.6	7.5
25	275	239	209	179.2	29	28	185	159	37	31.8	9.8	8.2
26	290	267	220.4	205.6	36	33	168	142	33.6	28.4	8.8	7.4
27	243	221	178.4	156.2	36	41	143	119	28.6	23.8	5.9	6.1
28	285	268	211.2	189.2	60	67	69	59	13.8	11.8	4.3	4.5
29	275	239	203.6	161.6	56	64	77	67	15.4	13.4	4.3	4.3
30	292	258	232	190	30	40	150	140	30	28	7.3	8.6

S.No	Anthropometric measurement and blood parameters of the OBY Group - Control													
	Initial			Final			WHR		Fasting Glucose (mg/dl)		Post Prandial Glucose (mg/dl)		HBA <sub>1</sub> C (%)	
	Height (m)	Weight (kg)	BMI	Height (m)	Weight (kg)	BMI	Initial	Final	Initial	Final	Initial	Final	Initial	Final
1	1.52	70.5	30.5	1.52	70	30.3	1.03	1.04	171	170	294	290	11.3	11.2
2	1.62	80	30.5	1.62	79.5	30.3	0.91	0.90	131	130	293	292	10.5	10.5
3	1.65	82	30.1	1.65	80	29.4	1.04	1.04	162	161	287	286	11	11
4	1.57	74.5	30.2	1.57	73	29.6	0.96	0.94	189	188	349	346	9.9	10
5	1.52	77.5	33.5	1.52	77	33.3	0.98	0.98	158	158	265	261	9.8	9.7
6	1.5	77	34.2	1.5	78	34.7	0.95	0.94	126	126	268	268	10.3	10.1
7	1.65	83	30.5	1.65	83	30.5	0.95	0.95	176	176	276	276	8.4	8.5
8	1.65	85.5	31.4	1.65	85	31.2	0.97	0.98	171	171	292	289	9.6	9.3
9	1.45	69	32.8	1.45	69	32.8	1.00	0.99	156	157	289	291	10.7	11
10	1.6	84	32.8	1.6	83.5	32.6	0.97	0.96	169	169	291	292	9.8	9.9
11	1.5	73.5	32.7	1.5	74	32.9	1.01	1.01	144	145	284	281	9.5	9.4
12	1.51	72.5	31.8	1.51	72	31.6	1.01	1.02	156	156	290	283	10.4	10.5
13	1.55	72	30.0	1.55	71.5	29.8	0.96	0.96	179	179	293	291	10	10
14	1.53	79	33.7	1.53	78	33.3	0.96	0.94	130	131	282	280	11.2	11.3
15	1.6	80.5	31.4	1.6	80	31.3	1.14	1.12	189	189	221	221	10.9	11
16	1.62	94	35.8	1.62	95	36.2	1.03	1.03	123	122	290	290	9.7	9.4
17	1.61	88	33.9	1.61	88	33.9	0.97	0.97	153	153	276	275	9.8	9.5
18	1.55	72	30.0	1.55	72	30.0	1.04	1.01	176	176	287	287	10.8	10.7
19	1.46	71.5	33.5	1.46	72	33.8	1.05	1.04	162	162	341	340	9.6	9.5
20	1.6	87	34.0	1.6	88	34.4	1.02	1.02	158	158	278	277	10.7	10.4
21	1.61	78.5	30.3	1.61	78.5	30.3	0.96	0.96	171	170	345	342	9.8	9.7
22	1.59	77	30.5	1.59	76.5	30.3	0.95	0.95	169	168	296	295	9.5	9.5
23	1.5	71	31.6	1.5	71	31.6	0.96	0.95	189	189	283	280	10.4	10
24	1.4	62	31.6	1.4	61.5	31.4	1.04	1.04	156	156	287	286	9.8	10
25	1.63	81	30.5	1.63	80	30.1	1.00	0.98	123	122	298	298	10.2	10
26	1.54	80.5	33.9	1.54	80.5	33.9	1.04	1.04	152	152	275	271	9.8	10
27	1.59	80	31.6	1.59	80.5	31.8	0.95	0.95	160	160	277	276	10.9	11
28	1.6	83	32.4	1.6	83	32.4	0.99	0.98	158	158	276	277	9.7	10
29	1.62	91	34.7	1.62	90.5	34.5	1.11	1.12	156	156	287	284	11.1	10.9
30	1.56	76	31.2	1.56	76	31.2	1.05	1.02	123	121	341	291	10.9	10.6

Control (OBY) Group												
S.No	TC (mg/dl)		LDL (mg/dl)		HDL (mg/dl)		TG (mg/dl)		VLDL (mg/dl)		TC/HDL	
	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final
1	300	298	229	225.2	37	39	170	169	34	33.8	8.1	7.6
2	245	241	173	170.2	40	39	160	159	32	31.8	6.1	6.2
3	262	261	176.8	177	41	40	221	220	44.2	44	6.4	6.5
4	299	300	218.8	219	41	41	196	200	39.2	40	7.3	7.3
5	292	290	188.6	185	44	46	297	295	59.4	59	6.6	6.3
6	278	275	170.8	170	46	45	306	300	61.2	60	6.0	6.1
7	267	265	98.4	98	42	41	133	130	26.6	26	4.0	4.0
8	236	232	149.2	142	42	44	224	230	44.8	46	5.6	5.3
9	233	231	162.8	159	45	46	126	130	25.2	26	5.2	5.0
10	231	230	162.6	160	40	41	142	145	28.4	29	5.8	5.6
11	288	285	121	116.4	39	40	140	143	28	28.6	4.8	4.6
12	241	237	174.4	169.8	38	39	143	141	28.6	28.2	6.3	6.1
13	282	280	197.4	194	40	42	223	220	44.6	44	7.1	6.7
14	256	255	153.6	151.8	43	44	297	296	59.4	59.2	6.0	5.8
15	289	286	185.8	181.6	45	47	291	287	58.2	57.4	6.4	6.1
16	288	287	177.6	175.8	46	47	322	321	64.4	64.2	6.3	6.1
17	249	245	172	166.6	40	42	185	182	37	36.4	6.2	5.8
18	290	291	216.8	214	46	49	136	140	27.2	28	6.3	5.9
19	244	242	175.8	171	44	46	121	125	24.2	25	5.5	5.3
20	258	256	194.8	190.8	39	41	121	121	24.2	24.2	6.6	6.2
21	245	245	167	166	45	47	165	160	33	32	5.4	5.2
22	236	231	165	158	40	42	155	155	31	31	5.9	5.5
23	291	290	199.2	199.8	43	42	244	241	48.8	48.2	6.8	6.9
24	282	285	188.6	192.4	41	41	262	258	52.4	51.6	6.9	7.0
25	286	290	199.4	206.8	41	38	228	226	45.6	45.2	7.0	7.6
26	297	300	197.2	201.2	46	46	269	264	53.8	52.8	6.5	6.5
27	266	271	191.4	194.4	41	44	168	163	33.6	32.6	6.5	6.2
28	261	265	189.4	197.4	44	40	138	138	27.6	27.6	5.9	6.6
29	248	248	178.6	180	43	42	132	130	26.4	26	5.8	5.9
30	236	240	166.2	172.8	44	42	129	126	25.8	25.2	5.4	5.7