

BIBLIOGRAPHY

BIBLIOGRAPHY

Adams AK, Wermuth EO, McBride PE. Antioxidant vitamins and the prevention of coronary heart disease. *Am Fam Physician* 1999, 60: 895-904

Alan L, Miller ND. Cardiovascular Disease - toward a unified approach. *Alt Med Rev* 1996; 1(3): 132-147

Albanes D, Heinonen OP, Huttunen JK, Taylor PR, Virtamo J, Edwards BK, Haapokoski J, Rautalahti M, Hartman AM, Palmgren J, Greenwald P. Effects of Alpha-tocopherol and Beta-carotene supplements on cancer incidence in the Alpha-Tocopherol Beta-Carotene cancer prevention study. *Am J Clin Nutr* 1996; 62(suppl): 1427S-30S.

American Heart Association. The cardiovascular disease risk factors. 1998; <http://www.americanheart.org/>

Aruoma OI. Nutrition and health aspects of free radicals and anto-oxidants. *Fd Chem Toxicol* 1994; 32: 671-683

Baker AH, Wardle J. Sex differences in fruit and vegetable intake in older adults. *Appetite*. 2003 Jun;40(3):269-75.

Baker DJP. Fetal origins of coronary heart disease. *BMJ* 1995;311:171-174

Bazzano LA, He J, Ogden LG, Loria CM, Vupputuri S, Myers L, Whelton PK. Fruit and vegetable intake and risk of cardiovascular disease in US adults. The first national health and nutrition examination survey epidemiologic follow up study. *Am J Clin Nutr* 2002, 76: 93-9.

Bazzano LA, Lorraine JH, Ogden LG, Loria CM, Vupputuri S, Myers L, Whelton PK. Fruit and vegetable intake and risk of cardiovascular disease in US adults: the first National Health and Nutrition Examination Survey Epidemiologic Follow -up Study. *Am J Clin Nutr* 2002; 76: 93-9

Bertram JS, Bortkiewicz. Dietary carotenoids inhibit neoplastic transformations and modulate gene expressions in mouse and human cells. *Am J Clin Nutr* 1995; 62(suppl): 1327S-36S.

Bhatia ML. Prevalence of coronary heart disease in India . a contemporary view. *Indian Heart J* 1995;47 339-342.

Biosca DG, Mizushima S, Sawamura M, Nara Y, Yamori Y. The effect of nutritional prevention of cardiovascular diseases on longevity. *Nutriton Reviews* 1992; 50(12): 407-412

Birren J. Aging and psychological adjustment. Prentice Hall, EC, New Jersey, 1958.

Block G. Vitamin C and cancer prevention: the epidemiologic evidence. *Am J Clin Nutr* 1991; 53 270S-282S.

Bowen PE, Mobarhan S. Evidence from Cancer intervention and biomaker studies and development of biochemical markers. *Am J Clin Nutr* 1995; 62(suppl) 1403S-9S.

Bunout D, Barrera, Maza PD, Avendano M, Gattas V, Petermann M, Hirsch S. The impact of nutritional supplementation and resistance training on the health functioning of free-living Chilean elders: Results of 18 months of follow up. *J Nutr* 2001; 131: 2441S-2446S

Burton GW, Traber MG. Vitamin E . antioxidant activity biokinetics and bioavailability. *Ann Rev Nutr* 1990; 10:357-382

Burton GW, Traber MG. Vitamin E antioxidant activity, biokinetics and bioavailability. *Ann Rev Nutr* 1990; 10: 357-382

Byers T, Guerrero N. Epidemiologic evidence for vitamin C and vitamin E in cancer prevention. *Am J Clin Nutr* 1995; 62(suppl). 1385S-92S.

Carroll KK. Dietary fats and cancer *Am J Clin Nutr* 1991; 53:1064S-7S.

Cesari M, Pahor M, Bartali B, Cherubini A, Penninx BW, Williams GR, Atkinson H. Antioxidants and physical performance in elderly persons: the Innesschiare in Chianti (Im CHIANTI) study. *Am J Clin Nutr* 2004; 79: 289-294.

Chan SWY and Reade PC. The role of ascorbic acid in oral cancer and carcinogenesis. *Oral Diseases* 1998; 4: 120-129.

Chopra M, O'Neill M, Keogh N, Wortley G, Southon S, David T. Influence of increased fruit and vegetable intake on plasma and lipoprotein carotenoids and LDL oxidation in smokers and nonsmokers. *Clin Chem* 2000; 46: 1818-1829.

Cianfriglia F, Manieri A, Di Gregorio DA, Di Iorio AM. Retinol dietary intake and oral leukoplakia development. *J Exp Clin Cancer Res* 1998; 17: 331-6.

Clarke DM, Wahlqvist ML, Strauss BJG. Undereating and undernutrition in old age: integrating bio-psychosocial aspects. *Age and Ageing* 1998; 27: 527-534.

Conference Summary from the nutrition committee. AHA scientific statement:summary of the scientific conference on dietary fatty acids and cardiovascular health. *J Nutr* 2001; 131: 1322-26

Davey GK, Spencer EA, Appleby PN, Allen NE, Knox KH, Key TJ. EPIC-Oxford: lifestyle characteristics and nutrient intakes in a cohort of 33883 meat-eaters and 31546 non meat eaters in the UK. *Public Health Nutr* 2003; 6: 259-69.

Day GL, Shore RE, Blot WJ, McLaughlin JK, Austin DF, Greenberg RS, Liff JM, Preston-Martin S, Sarkar S, Schoenberg JB. Dietary factors and second primary cancers. a follow-up of oral and pharyngeal cancer patients. *Nutr Cancer* 1994; 21(3): 223-32.

De Stefani E; Brennan P; Boffetta P; Ronco AL; Mendilaharsu M; Deneo-Pellegrini H. Vegetables, fruits, related dietary antioxidants, and risk of squamous cell carcinoma of the esophagus. a case-control study in Uruguay *Nutr Cancer* 2000;38(1):23-9

De Waart FG, Schouten EG, Stalenhoef AFH, Kok FJ. Serum carotenoids, alpha-tocopherol and mortality risk in a prospective study among dutch elderly. *Intl J Nutr* 2001; 30: 136-143.

DeGroot CPGM, Broeke TVD, Staveren WV. Energy intake and micronutrient intake in elderly Europeans seeking the minimum requirement in the SENECA study. *Age and Ageing* 1999; 28 469-474.

Dennis BH, Zhou B, Liu X, Yang J, Mai J, Cao T, Ni G, Zhao L, Stamler J. Changes in food, nutrient and energy intake in People's Republic of China samples of urban and rural north and south adults surveyed in 1983-84 and resurveyed in 1987-88. *Asia Pacific J Clin Nutr* 1997; 6(4):277-286.

Dewailly E, Blanchet C, Lemieux S, Sauve L, Gingras S, Ayotte P, Holubb BJ. N-3 fatty acids and cardiovascular disease risk factors among the inuit of nunavik. *Am J Clin Nutr* 2001; 74: 464-73.

Dhawan J, Bray CL. Asian indians, coronary artery disease, and physical exercise. *Heart* 1997; 78: 550-554.

Diaz MN, Frei B, Vita JA, Keaney JF Jr. Antioxidants and atherosclerotic heart disease. *N Engl J Med* 1997; 337: 408-16.

Dietrich M, Block G, Norkus EP, Hudes M, Traber MG, Cross CE, Packer L. Smoking and exposure to environmental tobacco smoke decrease some plasma antioxidants and increase gamma-tocopherol in vivo after adjustment for dietary antioxidant intakes *Am J Clin Nutr* 2003; 77 160-6.

Diplock AT. Antioxidant nutrients and disease prevention: an overview. *Am J Clin Nutr* 1991; 53 189s-193s

Duthie GG, Arthur JR, James WPT. Effects of smoking and vitamin E on blood antioxidant status. *Am J Clin Nutr* 1991; 53: 1061S-3S.

Dyer AR, Elliott P, Stamler J, Chan Q, Ueshima H, Zhou BF. Dietary intake in male and female smokers, ex-smokers, and never smokers: the INTERMAP study.

Emmert DH, Kirchner JF. The role of vitamin E in the prevention of heart disease. *Arch Fam Med* 1999; 8: 537-542.

Esterbauer H, Dieber-Rotheneder M, Striegl G, Waeg G. Role of vitamin E in preventing the oxidation of low density lipoprotein. *Am J Clin Nutr* 1991; 53: 314S-341S.

Esterbauer H, Dieber-Rotheneder M, Waeg G, Striegl G, Jurgens G. Biochemical, structural and functional properties of oxidised low-density lipoprotein *Chem Res Toxicol* 1990;3:77-92.

Firvida JL, Vinolas N, Munoz M, Garu JJ, Daniels M, Estape A, Estape J. Age. a critical factor in cancer management. A prospective comparative study of 400 patients Age and ageing 1999; 28 103-105

Flood A, Velie EM, Chatterjee N, Subar AF, Thompson FE, Lacey JV, Schairer C, Troisi R, Schatzkin A. Fruit and vegetable intakes and the risk of colorectal cancer in the breast cancer detection demonstration project follow-up cohort Am J Clin Nutr 2002; 75: 936-43.

Foote CS and Denny RW. Chemistry of singlet oxygen. Quenching by beta carotene. J Am Chem Soc 1968;90:6233-6235 In:kitts DD. *An evaluation of the multiple effects of the antioxidant vitamin.* Trends Foods Sci Tech 1997;8:198-203

Foster WR, Burton BT, eds. National Institutes of Health Consensus Development Panel on the health implications of obesity. Ann Intern Med 1985; 103(6):1073-7.

Frei B. Ascorbic acid protects lipids in human plasma and low density lipoprotein against oxidative damage. Am J Clin Nutr 1991; 54: 1113S-1118S.

Frenoux JR, Prost ED, Belleville JL, Prost JL. A polyunsaturated fatty acid diet lowers blood pressure and improves antioxidant status in spontaneously hypertensive rats. J Nutr 2001; 131: 39-45

Fu P, Zhang H, Siew S, Wang S, Xue A, Hsu-Hage B, Wahlqvist M, Wang Y, Li X. Food intake patterns in urban Beijing Chinese Asia Pacific J Clin Nutr 1998; 7(2): 117-122.

Gale CR, Ashurst HE, Powers HJ, Martyn CN. Antioxidant vitamin status and carotid atherosclerosis in the elderly. Am J Clin Nutr 2001, 74: 402-8.

Garewal HS. Potential role of beta-carotene in prevention of oral cancer. Am J Clin Nutr 1991; 53: 294S-297S.

Gaziano JM, Manson JE, Branch LG, Colditz GA, Willet EC, Buring JE. A prospective study of consumption of carotenoids in fruits and vegetables and decreased cardiovascular mortality in the elderly. Ann Epidemiol 1995; 5(4): 255-60.

Gey KF. Prospects for the prevention of free radical disease, regarding cancer and cardiovascular disease Br Med Bull 1993; 49(3): 679-699.

Gould R. The phases of adult life : A study in development psychology Am J Psy 1972;129-277.

Government of India. National Institute of Health Consensus Development. 2002

Gridley G, McLaughlin J, Block G. Diet and oral and pharyngeal cancer among blacks. Nutr Cancer 1990; 14: 219-225

Gujarat Cancer Registry. Annual report of Ahmedabad urban agglomeration area and hospital based cancer registry. The Gujarat Cancer and Research Institute. Ahmedabad 1997

Gupta PC and Nandakumar A. Oral cancer scene in India. *Oral Diseases* 1999;5:1-2.

Gupta PC, Hebert JR, Bhonsle RB, Murti PR, Mehta H, Mehta FS. Influence of dietary factors on oral precancerous lesions in a population-based-case-control study in Kerala, India. *Cancer* 1999, 85(9): 1885-1893.

Gupta PC, Hebert JR, Bhonsle RB, Murti PR, Mehta H, Mehta FS. Influence of dietary factors on oral precancerous lesions in a population-based-case-control study in Kerala, India. *Cancer* 1999, 85(9): 1885-1893.

Gustaffson TM, Isacson DGL, Thorslund M. Mortality in elderly men and women in a Swedish municipality. *Age and ageing* 1998; 27: 585-593.

Guyton KZ and Kensler TW. Oxidative mechanisms in carcinogenesis. *Br Med Bull* 1993;49:523-544

Hallfrisch J, DC Muller DC, Singh VN. The Vitamin A and E intakes and plasma concentrations of retinol, beta-carotene, and alpha-tocopherol in men and women of the Baltimore Longitudinal Study of Aging. *Am J Clin Nutr* 1994; 60: 176-182

Halliwell B and Aruoma OI. DNA damage by oxygen-derived species: its mechanism and measurement in mammalian systems. *FEBS Lett* 1991; 281: 9-19.

Harman D. Aging. A theory based on free radical and radiation chemistry. *J Gerontol* 1956, 11:298-300

Heinonen OP, Albanes D and the alpha-tocopherol, beta-carotene cancer prevention study group. The effect of vitamin E and beta-carotene on the incidence of lung cancer and other cancers in male smokers. *N Engl J Med* 1994;330:1029-35.

Helsing KJ, Sandler DP, Comstock GW, Chee E. Heart disease mortality in nonsmokers living with smokers. *Am J Epidemiol* 1988; 127: 915-22

Hendelman GJ. Carotenoids as scavengers of active oxygen species. in: *Cadenas E, Packer L., eds. Handbook of antioxidants* Marcel Dekker, Inc, New York 1996 259-311

Hennekens CH, Buring JE, Manson JE, Stampfer M, Rosner B, Cook NR, Belanger C, LaMotte F, Gaziano JM, Ridker PM, Willett W, Peto R. Lack of effects of long term supplement with beta-carotene on the incidence of malignant neoplasms and cardiovascular diseases. *N Engl J Med* 1996;334:1145-1149.

Hennekens CH, Gaziano JM, Manson JE, Buring JE. Antioxidant vitamin-cardiovascular disease hypothesis is still promising but unproven, the need for randomized trials. *Am J Clin Nutr* 1995; 62(suppl): 1377S-80S.

Hertog MGL, Feskens EJM, Hollman PCH, Katan MB, Kromhout D. Dietary antioxidant flavonoids and risk of coronary heart disease: the Zutphen elderly study. *Lancet* 1993; 342 1007-11.

Hu FB. Plant based foods and prevention of cardiovascular disease: an overview. *Am J Clin Nutr* 2003, 78(suppl): 544S-551S

Hubert HB. The importance of obesity in the development of coronary risk factors and disease. the epidemiological evidence. *Annu Rev Public Health* 1986; 7: 493-502.

Hung HC, Merchant A, Willett W, Ascherio A, Rosner BA, Rimm E, Joshipura KJ. The association between fruit and vegetable consumption and peripheral arterial disease *Epidemiology*. 2003; 14(6): 659-65

Iannuzzi A, Celentano E, Panico S, Galasso R, Covetti G, Sacchetti L, Zarrilli F, Michele MD, Rubba P. Dietary and circulating antioxidant vitamins in relation to carotid plaques in middle-aged women. *Am J Clin Nutr* 2002; 76: 582-7.

I-Min Lee, MBBS, ScD; Kathryn M. Rexrode, MD; Nancy R. Cook, ScD; JoAnn E. Manson, MD, DrPH; Julie E. Buring, ScD. Physical Activity and Coronary Heart Disease in Women Is "No Pain, No Gain" Passé? *JAMA*. 2001;285:1447-1454

Iype EM, Pandey M, Mathew A, Sebastian P, Nair MK. Oral Cancer among patients under the age of 35 years. *J Postgrad Med*; 47: 171-176

Jacques PF, Halpner AD, Blumberg JB. Influence of combined antioxidant nutrient intakes on their plasma concentrations in an elderly population *Am J Clin Nutr* 1995; 62: 1228-33.

Jadin RL, Margolis K. Coronary artery disease in women. *Post med* 1996, 103(3): 71-83

Jha P, Flather M, Lonn E, Farkouh M, Yusuf S. A critical review of epidemiologic and clinical trial data. *Ann Intern Med* 1995; 123: 860-872

John JH; Ziebland S; Yudkin P; Roe LS; Neil HA. Effects of fruit and vegetable consumption on plasma antioxidant concentrations and blood pressure: a randomised controlled trial. *Lancet* 2002;359(9322):1969-74

Johnsen SP, Overvad K, Stripp C, Tjoneland A, Husted SE, Sorensen HT. Intake of fruits and vegetables and the risk of ischemic stroke in a cohort of Danish men and women. *Am J Clin Nutr* 2003, 78: 57-64.

Kaplan GA, Keil JE. Socioeconomic factors and cardiovascular disease: a review of the literature. *Circulation* 1993; 88: 1973-1998.

Kapil U, Verma D, Goel M, Saxena N, Gnanasekaran N, Goindi G, Nayar D. Dietary intake of trace elements and minerals among adults in underprivileged communities of rural Rajasthan, India. *Asia Pacific J Clin Nutr* 1998; 7(1): 29-32

Kesse E, Clavel-Chapelon Françoise, Slimani Nadia, Liere MV, E3N Group. Do eating habits differ according to alcohol consumption? Results of a study of the french cohort of the european prospective investigation into cancer and nutrition(E3N-Epic). *Am J Clin Nutr* 2001, 74: 322-7

Khaw KT, Bingham S, Welch A, Luben R, Wareham N, Oakes S, Day N. Relation between plasma ascorbic acid and mortality in men and women in EPIC-Norfolk prospective study a prospective population study. *European Prospective Investigation into Cancer and Nutrition*

Klatsky AL. Diet, alcohol, and health: a story of connections, confounders, and cofactors. *Am J Clin Nutr* 2001; 74: 279-80.

Knekt P. Epidemiology of vitamin E : evidence for anticancer effects in humans. In: *Parker L, Fuehs J.,eds. Vitamin E in health and disease.* New York, NY;Marcel Dekker 1993;513-527

Kohlmeirer L, Hastings SB. Epidemiologic evidence of a role of carotenoids in cardiovascular disease prevention. *Am J Clin Nutr* 1995; 62(suppl): 1370S-6S.

Kris-Etherton PM, Hecker KD, Bonanome A, Coval SM, Binkoski AE, Hilpert KF, Griel AE, Etherton TD. Bioactive compounds in foods. their role in the prevention of cardiovascular disease and cancer. *Am J Med.* 2002; 113: 71S-88S.

Kritchevsky D. Palm oil in lipid metabolism. *Nutr Res* 1992; 12(1): S31-S41.

Kritchevsky SB. Beta-Carotene, carotenoids and the prevention of coronary heart disease. *J Nutr* 1999; 129: 5-8.

Kumar V. Ageing in India-an overview. *Indian J Med Res* 1997, 106: 257-264.

Kumari A. Nutrition in old age. *Health for the Millions* 1999; September-October: 15-27

Kushi LH. Vitamin E and heart disease: a case study. *Am J of Clin Nutr* 1999, 69(suppl): 1322S-9S

Landvik SV, Diplock AT, Packer L. Efficacy of vitamin E in human health and disease. In: *Packer L, Cadenas E.,eds. Handbook of Antioxidants, Marcel Dekkar, New York, 1996; 63-90*

Langseth L. Oxidants, antioxidants and disease prevention. Belgium, International Life Science Institute 1996. In: *Bagchi K and Puri S.,eds. Diet and ageing : Exploring some facets.* Society for Gerontological Research and Helpage India 1999;95-116

Langseth L. Oxidants, antioxidants and disease prevention. Belgium, International Life Science Institute 1996. In: *Bagchi K and Puri S.,eds. Diet and ageing . Exploring some facets.* Society for Gerontological Research and Helpage India 1999;95-116.

Leaf A, Hallaq HA. The role of nutrition in the functioning of the cardiovascular system. *Nutrition Reviews* 1992; 50(12): 402-406.

Lee IM, Rexrode KM, Cook NR, Manson JE, Buring JE. Physical activity and coronary heart disease in women is "no pain, no gain" passe? *JAMA* 2001, 285: 1447-1454.

Lemcke-Norojarvi M, Kamal-Eldin A, Appleqvist LA, Dimberg LH, Ohrvall M, Vessby B. *J Nutr* 2001; 131: 1195-1201

Leo MA, Lieber CS. Alcohol, vitamin A and Beta-carotene:adverse interactions, including hepatotoxicity and carcinogenicity. *Am J Clin Nutr* 1999; 69 1071-85.

Liu K. Relationship of education to major risk factors and death from coronary heart disease, cardiovascular disease and all causes: findings of three Chicago epidemiologic studies. *Circulation* 1982, 66 1308-1314.

Liu S, Lee IM, Ajani U, Cole SR, Buring JE, Manson JE. Intake of vegetables rich in carotenoids and risk of coronary heart disease in men: The Physicians' Health Study. *Int J Epidemiol* 2000, 30 130-5.

Macfarlane GJ, Zheng T, Marshall JR, Bofetta P, Niu S, Brasure J. Alcohol, tobacco, diet and the risk of oral cancer : a pooled analysis of three case-control studies. *Eur J Cancer B Oral Oncol* 1995; 31 181-7

Machlin LJ. Vitamin E. In: Parker L, Fuchs J ,eds. *Handbook of vitamins*. New York, NY.Marcel Dekker, 1991: 99-144.

Mackillop WJ. Socioeconomic status associated with cancer incidence in US and Canada. *Cancer* 2000; 89: 901-912.

Manzi F, Flood V, Webb K, Mitchell P. The intake of carotenoids in an older Australian population: The Blue Mountains Eye Study *Public Health Nutr* 2002;5(2) 347-52.

Marshall S, Graham S, Mettlin C. Diet in the epidemiology of oral cancer. In: *Chan SWY and Reade PC.,eds.The role of ascorbic acid in oral cancer and carcinogenesis*. Oral Diseases 1998; 4 120-129

Marshall TA, Stumbo PJ, Warren JJ, Xie XJ. Inadequate nutrient intakes are common and are associated with low diet variety in rural, community-dwelling elderly *J Nutr* 2001; 131: 2192-2196

McLaughlin JK, Gridley G, Block G. Dietary factors in oral and pharyngeal. In: *Chan SWY and Reade PC.,eds.The role of ascorbic acid in oral cancer and carcinogenesis* Oral Diseases 1998, 4 120-129.

Mehlhorn RJ. Oxidants and antioxidants in aging. In: *Molecular and cellular aging* CRC Press Inc 1994.

Mehta P, Sheth M, Manimala M. Reaching the unreached-part I. Department of Foods and Nutrition, M S University of Baroda, Baroda. 1996.

Mehta P. Diet, nutrition and health profile of elderly population from urban Vadodara. In: *Diet and aging-exploring some facets.,eds Bagchi K and Puri S. Society for gerontological research and helpage india.* 1997; 63-72

Mehta T, Mehta P. A study on nutrition and disease profile of elderly belonging to three different communities. *Ind J Gerontol* 2003, 17 389-397.

Meysken FL, Manetta A. Prevention of cervical intraepithelial neoplasia and cervical cancer. *Am J Clin Nutr* 1995; 62(suppl): 1417S-9S.

Middleton E. The flavonoids. In Parker L, Cadenas E., eds. *Handbook of antioxidants* New York, NY; Marcel Dekkar 1996; 409-437.

Miller AL. Cardiovascular disease-toward a unified approach. *Alt Med Rev* 1996, 1(3): 132-147

Nagao T, Ikeda N, Warnakulasuriya S, Fukano H, Yuasa H, Yano M, Miyazaki H, Ito Y. Serum antioxidant micronutrients and the risk of oral leukoplakia among Japanese. *Oral Oncol* 2000; 36(5): 466-70.

Nakano M, Oenzil F, BHomeEc YI, Mizuno T, Saitoh Y, Kondo S, Bakhtiar H, Lipeto I, Agus Z. Macronutrient intake of elderly people in the Padang area, West Sumatra, Indonesia. *Asia Pacific J Clin Nutr*; 1997; 6(3): 214-218.

Natarajan VS, Ravindran S, Kailash K, Krishnaswamy B, Suresh B, Prabhu P. Assessment of nutrient intake and associated factors in an indian elderly population. *Age and ageing* 1993; 22: 103-108.

Ness AR, Powles JW. Fruit and vegetables, and cardiovascular disease: a review. *Int J Epidemiol* 1997; Vol 26: 1-13

Neuhouser ML, Rock CL, Eldridge AL, Kristal AR, Patterson RE, Cooper DA, Neumark-Sztainer D, Cheskin LJ, Thornquist MD. Serum concentrations of retinol, alpha tocopherol and the carotenoids are influenced by diet, race and obesity in a sample of healthy adolescents. *J Nutr* 2001, 131: 2184-2191

Nohl H. Involvement of free radicals in ageing: a consequence or cause of senescence. *Br Med Bull* 1993, 49(3): 653-667.

Nuttens MC, Romom J, Ruidavets JB, Arveiler D, Ducimetiere P. Relationship between smoking and diet: The MONICA France project 1992; 231: 349-356.

Oomen CM, Ocke MC, Feskens EJM, Kok FJ, Kromhout D. Alpha-linolenic acid intake is not beneficially associated with 10-y risk of coronary artery disease incidence: the Zutphen elderly study. *Am J Clin Nutr* 2001; 74: 457-63.

Packer L. Protective role of Vitamin E in biological systems. *Am J Clin Nutr* 1991; 53: 1050S-5S.

Padmavati S. Prevention of heart disease in India in the 21st Century : Need for a concerted effort. *Ind Heart J* 2002; 54: 99-102.

Palaniappan U, Starkey LJ, Loughline JO, Donald KG. Fruit and vegetable consumption is lower and saturated fat intake is higher among Canadians reported smoking. *J Nutr* 2001, 131: 1952-1958.

Pandey D, Shekelle R, Selwyn B. Dietary vitamin C and beta carotene and risk of death in middle aged men. The Western Electric Study. *Am J Epidemiol* 1995; 145: 1269-1278

Parshad R, Sanford KK. Oxygen supply and stability of chromosomes in mouse embryo cells in vitro. *J Natl Cancer Inst* 1971;47: 1033-1035. In: *Guyton KZ and Kensler TW, eds. Oxidative mechanisms in carcinogenesis.* *Br Med Bull* 1993;49:523-544.

Patel RK, Trivedi AH, Roy SK, Bhatavdekar JM, Shah PM, Patel DD. Influence of alpha-tocopherol and ascorbic acid on pan masala induced genomic damage. An in vitro experiment.

Pescatello LS, Murphy D, Costanzo D. Low-intensity physical activity benefits blood lipids and lipoproteins in older adults living at home. *Age and Ageing* 2000, 29: 433-439.

Poppel GV, Goldbohm RA. Epidemiologic evidence for Beta-carotene and cancer preventions. *Am J Clin Nutr* 1995; 62(suppl): 1393S-402S

Porasuphatana S, Tsai P, Rosen GM. The generation of free radicals by nitric oxide synthase. *Comp Biochem Physiol C Toxicol Pharmacol* 2003; 134(3): 281-9.

Powles J. Changing lifestyles and health background paper for technical discussions at 43rd session of regional committee. *Asia Pacific J Clin Nutr* 1992; 1:113-126.

Prothro JW, Rosenbloom CA. Description of a mixed ethnic, elderly population I demography, nutrient/energy intakes and income status. *J Gerontol A Biol Sci Med Sci.* 1999; 54(6): M315-324.

Puri S. Dietary antioxidants and aging-a review In: *Diet and aging-exploring some facets*, eds *Bagchi K and Puri S.* Society for gerontological research and helpage india. 1997, 95-116

Radcliffe JD, King CC, Czaka-Narins DM, Imrahn V. Serum and liver lipids in rats fed diets containing corn oil, cottonseed oil, or a mixture of corn and cottonseed oils. *Plant Foods Hum Nutr* 2001, 56(1). 51-60.

Ramaswamy G, Rao VR, Kumaraswamy SV, Anantha N. Serum vitamins' status in oral leucoplakias--a preliminary study *Eur J Cancer B Oral Oncol* 1996; 32B(2): 120-2.

Rao BSN. Palm oil as an edible oil in India and its role in meeting the nutritional needs of its population *Nutr Res* 1992; 12(1) S3-21

Reddy KS. CVD research initiative in the developing countries. *Global Forum for Health Research and World Health Organisation.* 1999

Rimm EB, Stampfer MJ, Ascherio A, Giovannucci E, Colditz GA, Willett WC. Vitamin E consumption and the risk of coronary heart disease in men. *N Engl J Med* 1993;328:1450-1456

Rissanen TH, Voutilainen S, Virtanen JK, Venho B, Vanharanta M, Mursu J, Salonen JT. Intake of fruits, berries and vegetables is associated with excess mortality in men: the kuopio ischaemic heart disease risk factor(KIHD) study *J Nutr*, 133: 199-204.

Ritchie CS, Burgio KL, Locher JL, Cornwell A, Thomas D, Hardin M, Redden D. Nutritional status of urban homebound older adults *Am J Clin Nutr* 1997; 66: 815-818.

Robert A. Hahn RA, Heath GW, Chang MH. Cardiovascular Disease Risk Factors and Preventive Practices Among Adults -- United States, 1994: A Behavioral Risk Factor Atlas. December 11, 1998 / 47(SS-5);35-69 www.cdc.gov

Rock CL, Jacob RA, Bowen PE. Update on the biological characteristics of the antioxidant micronutrients . Vitamin C, Vitamin E and the Carotenoids *J Am Diet Assoc* 1996;96:693-702

Ross JA, Kasum CM. Dietary flavonoids: bioavailability, metabolic effects, and safety *Annu Rev Nutr.* 2002;22:19-34.

Rossing MA, Vaughan TL, McKnight B. Diet and pharyngeal cancer. In: Chan SWY and Reade PC.,eds.The role of ascorbic acid in oral cancer and carcinogenesis. *Oral Diseases* 1998, 4 120-129

Russel RM. Factors in aging that effect the bioavailability of nutrients. *J Nutr* 2001, 131: 1359S-1361S.

Russel RM. Micronutrient requirements of the elderly. *Nutrition Reviews* 1992; 50(12): 463-466.

Salonen JT. Socioeconomic status and risk of cancer, cerebral stroke, and death due to coronary heart disease and any disease: a longitudinal study in eastern Finland. *J Epidemiol Comm Health* 1982; 36. 194-197.

Sampson L, Rimm E, Hollman PC, de Vries JH, Katan MB. Flavonol and flavone intakes in US health professionals. *J Am Diet Assoc* 2002, 102(10): 1414-20.

Sankaranarayanan R, Duffy R, Day NE et al. A case control investigation of cancer of the oral tongue and the floor of the mouth in southern India *Int J Cancer* 1989; 44: 617-621.

Sato S, Niki E, Shimasaki H. Free radical mediated chain oxidation of low density lipoprotein and its synergistic inhibition by Vitamin E and Vitamin C. *Arch Biochem Biophys* 1990;279:402-5

Serdula MK, Byers T, Mokdad AH, Simoes E, Mendlein JM, Coates RJ. The association between fruit and vegetable intake and chronic disease risk factors.*Epidemiology* 1996 Mar, 7(2): 161-5.

Shah A, Iyer U. Fruit consumption pattern in Vadodara Impact of ascorbic acid rich fruit supplementation on the lipid profile of hyperlipidemic subjects Unpublished MSc dissertation Department of Foods and Nutrition. Faculty of Home Science M.S. University of Baroda 2002.

Shahar S, Earland J, Rahman SA. Food intakes and habits of rural elderly malays *Asia Pacific Journal of Clinical Nutrition* 2000; 9(2). 122

Sharkey JR, Branch LG, Zahoori N, Giuliani C, Busby-Whithead J, Haines PS. Inadequate nutrient intakes among homebound elderly and their correlation with individual characteristics and health-related factors *Am J Clin Nutr* 2002, 76: 1435-45

Shringarpure B, Mehta P. A study on life style factors, diet profile and impact of nutrition health education (NHE) in elderly women with Breast Cancer (60 years onwards) *Ind J Gerontology* 2003, 17: 366-374.

Sies H, Stahl W. Vitamins E and C, beta-carotene, and other carotenoids as antioxidants. *Am J Clin Nutr* 1995, 62: 1315S-1321S.

Simon JA. Vitamin C and cardiovascular diseases: A review. *J Am Coll Nutr* 1992;11:107-125.

Sinclair AJ, Barnett AH and Lunec J. Free radicals and antioxidant systems in health and disease. *J Appl Med* 1991;409-414.

Stahelin HB, Gey KF, Eichholzer M, Ludin E. Beta-carotene and cancer prevention: the Basel Study. *Am J Clin Nutr* 1991; 53: 265S-269S.

Stampfer MJ, Hennekens CH, Manson JE, Colditz GA, Rosner B, Willett WC. Vitamin E consumption and the risk of coronary disease in women *N Engl J Med* 1993;328:1444-1449.

Stampfer MJ, Rimm EB. Epidemiologic evidence for vitamin E in prevention of cardiovascular disease *Am J Clin Nutr* 1995; 62(suppl): 1365S-9S.

Stampfer MJ, Hennekens CH, Manson JE. Vitamin E consumption and the risk of coronary disease in women *N Engl J Med* 1993; 328: 1450-1456

Steinmetz KA, Potter JD. Vegetables, fruit, and cancer prevention: a review *J Am Diet Assoc* 1996, 96: 1027-39.

Stich HF, Mathew B, Sankaranarayanan R, Nair MK. Remission of precancerous lesions in the oral cavity of tobacco chewers and maintenance of the protective effect of beta-carotene or vitamin A. *Am J Clin Nutr* 1991;53: 298S-304S.

Stocker Roland, Bowry Vincent. Tocopherol-mediated peroxidation of lipoprotein lipids and its inhibition by co-antioxidants in: *Cadenas E, Packer L., eds, Handbook of antioxidants* Marcel Dekker, Inc, New York 1996: 27-41.

Strain JJ, Elwood PC, Davis A, Kennedy O, Coulter J, Fehily A, Mulholland CW, Robson PJ, Thurnham DI. Frequency of fruit and vegetable consumption and blood antioxidants in the caerphilly cohort of older men. *Eur J Clin Nutr* 2000; 54: 828-833.

Strehler BL. Origin and comparison of the effects of time and high energy radiations on living systems *Q Rev. Biol* 1959; 34: 117-142.

Subar A, Harlan LC, Mattson ME. Food and nutrient intake differences between smokers and non-smokers in the US. *Am J Public Health* 80: 1323-1329

Swanson JE, Parker RS. Biological effects of carotenoids in Humans in *Cadenas E, Packer L, eds, Handbook of antioxidants* Marcel Dekker, Inc, New York 1996 337-367.

Tavani A, Vecchia CL. Fruit and vegetable consumption and cancer risk in a Mediterranean population. *Am J Clin Nutr* 1995; 61. 1374S-1377S.

Taylor PR, Wang GQ, Dawsey SM, Guo W, Mark SD, Li JY, Blot WJ, Li B. Effect of nutrition intervention on intermediate endpoints in esophageal and gastric carcinogenesis *Am J Clin Nutr* 1995, 62(suppl): 1420S-3S.

Thomas SR, Neuzil J, Mohr D, Stocker R. Coantioxidants make alpha tocopherol and efficient antioxidant for low density lipoprotein. *Am J Clin Nutr* 1995, 62(suppl): 357S-64S.

Thun MJ, Peto R, Lopez AD et al. Alcohol consumption and mortality among middle-aged and elderly US adults. *N Engl J Med* 1997; 24· 1705-14.

Traber MG, Packer L. Vitamin E beyond antioxidant function. *Am J Clin Nutr* 1995, 62(suppl): 1501S-9S

Tribble DL. Antioxidant consumption and risk of coronary heart disease: emphasis on vitamin C, vitamin E and Beta-carotene. *Circulation* 1999, 99: 591-595

Troisi RJ, Heinold JM, Vokonas PS, Weiss ST. Cigarette smoking, dietary intake and physical activity-effects on body fat distribution-the Normative aging study. *Am J Clin Nutr* 1991, 53· 1104-1111.

United Nations. World population ageing 1950-2050, United Nations Publications, New York, 2002

Van Rossum CT, Van de Mheen H, Witteman JC, Grobbee E, Mackenbach JP. Education and nutrient intake in dutch elderly people. The Rotterdam Study.*Eur J Clin Nutr* 2000; 54(2): 159-165.

Vilet A. Cigarettes, Cancer and Carotenoids. A continuing, unresolved antioxidant paradox. *Am J Clin Nutr* 2000; 72(6): 1421-1423.

Vogel S, Contois JH, Tucker KL, Wilson PWF, Schaefer EJ, Lammi-Keefe CJ. Plasma retinol and plasma and lipoprotein tocopherol and carotenoid concentrations in healthy elderly participants of Framingham heart study. *Am J Clin Nutr* 1997; 66: 950-8.

Wallstrom P, Wirfalt E, Lahmann PH, Gullberg B, Janzon L, Berglund G. Serum concentrations of Beta-carotene and Alpha-tocopherol are associated with diet, smoking and general central adiposity. *Am J Clin Nutr* 2001, 73, 777-85.

Wamala SP, Wolk A, Schenck-Gustafsson K, Orth-Gomer K. Lipid profile and socioeconomic status in healthy middle aged women in Sweden *J Epidemiol Community Health* 1997; 51: 400-407.

WHO CVD Strategy 2001 - 2002. In: Padmavati S. Prevention of heart disease in India in the 21st Century: Need for a concerted effort. Indian Heart J 2000;54:99-102

WHO Press Release. Population ageing. A public health challenge, 1998

Willett WC. Micronutrients and cancer risk Am J Clin Nutr 1994; 59 (suppl): 1162S-5S.

Williams JE, Nieto FJ, Sanford CP, Tyroler HA. Effects of an angry temperament on coronary heart disease risk Am J of Epidemiol 1996;154: 230-235. <http://www.oupjournals.org>

Winn DM. Diet and nutrition in the etiology of oral cancer. Am J Clin Nutr 1995; 61: 437S-445S

Woo J, Kwok T, Ho SC, Sham A, Lau E. Nutritional status of elderly chinese vegetarians. Age and ageing 1998, 27: 455-461

Woodward M. Social status and coronary heart disease: results from the Scottish Heart Study. Preventive Medicine 1992, 21: 136-148.

Yoshida H, Yusin M, Ren I, Kuhlenkamp J, Hirano T, Stolz A. Identification, purification, and immunochemical characterization of a tocopherol-binding protein in rat liver cytosol. J Lipid Res 1992; 33: 343-353.

Yu Z, Nissinen A, Vartiainen E, Song G, Guo Z, Zheng G, Tuomilehto J, Tian Huiguang. Associations between socioeconomic status and cardiovascular risk factors in an urban population in China. Bulletin of the world health organization 2000; 78: 1296-1305.

Zheng W, Blot WJ, Diamond EL, Norkus EP, Spate V, Morris JS, Comstock GW. Serum micronutrients and the subsequent risk of oral and pharyngeal cancer Cancer Res. 1993; 53(4): 795-8.