

SERUM CHOLESTEROL IN GUATEMALAN CHILDREN. José Méndez °,
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The serum cholesterol levels of Guatemalan school children in rural villages were low. They averaged 121 mg/100ml (s=22) for 41 children in CVS and 119 (s=26) for 60 children in STM. Sixty grams of reconstituted dried skim milk powder daily for 28 weeks had no effect on their cholesterol values. In SMC levels were 117 (s=25) for 131 children and in SLC 110 (s=19) for 55 children. Thirty grams of fat were given these children in a fried bean and tortilla supplement providing approximately 400 calories daily. In SMC the fat was cottonseed oil (18 weeks); in SLC 24 of the children received lard (45 weeks) and 31, hydrogenated cottonseed oil (26 weeks). Blood samples were taken approximately every 3 months. No significant effect of the supplements on serum cholesterol levels was noted; adjustment for frequency of attendance did not alter these conclusions. Serum cholesterol levels were higher in 21 Carib school children in a rural coastal area (150 s=32) where the diets contained more fat and animal protein. Serum cholesterol levels of 37 newborn girls (68 s=20) in Guatemala City were significantly higher than in 28 newborn boys (55 s=11). There was no tendency for the serum cholesterol levels to correlate with the amount of fat in the maternal diet in samples including both low and high income groups. (Assisted by funds from the National Heart Institute of the National Institutes of Health, Grant No. H-2653).