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## 7. LIST OF ABBREVIATIONS

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Full Form</th>
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<tbody>
<tr>
<td>ALNA</td>
<td>Alpha linolenic acid</td>
</tr>
<tr>
<td>BA</td>
<td>Biological availability</td>
</tr>
<tr>
<td>BMI</td>
<td>Body Mass Index</td>
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<tr>
<td>BV</td>
<td>Biological value</td>
</tr>
<tr>
<td>CHD</td>
<td>Coronary heart diseases</td>
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<tr>
<td>CVD</td>
<td>Cardiovascular disease</td>
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<tr>
<td>DBP</td>
<td>Diastolic blood pressure</td>
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<tr>
<td>DM</td>
<td>Diabetes Mellitus</td>
</tr>
<tr>
<td>EFA</td>
<td>Essential fatty acids</td>
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<tr>
<td>FAO</td>
<td>Food and Agricultural Organization</td>
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<tr>
<td>GI</td>
<td>Glycemic index</td>
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<tr>
<td>GL</td>
<td>Glycemic load</td>
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<tr>
<td>Hb</td>
<td>Haemoglobin</td>
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<tr>
<td>HTN</td>
<td>Hypertension</td>
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<tr>
<td>LA</td>
<td>Linoleic acid</td>
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<tr>
<td>NCDs</td>
<td>Non-communicable diseases</td>
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<tr>
<td>NPU</td>
<td>Net protein utilization</td>
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<tr>
<td>PER</td>
<td>Protein efficiency ratio</td>
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<tr>
<td>RBCs</td>
<td>Red blood corpuscles</td>
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<tr>
<td>SBP</td>
<td>Systolic Blood Pressure</td>
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<tr>
<td>T2D</td>
<td>Type 2 Diabetes</td>
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<tr>
<td>WHO</td>
<td>World Health Organization</td>
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