Chapter-VII

RECOMMENDATIONS

- This study suggests that lifestyle interventions with individualized nutrition counselling have beneficial effects on behavior change in relation to modifiable risk factors. Thus the healthcare education and even small-scale interventions can lead to healthier lifestyle choices, should be an encouragement to professionals in practice.

- We should promote the public to add whole grain barley in their daily diet through proportional reduction in wheat and rice to reduce the burden of these chronic diseases. Although longer and larger randomized clinical trials are warranted to better characterize the potential for a dose-response relationship with barley β-glucan and to show maintenance of the benefit. Further in order to generalize the results to a broader level, more diverse population with the larger sample size it may be helpful to study certain subgroups and other population groups.

- Health practitioners should feel comfortable recommending at least 100 gram of barley/ day to every patient who are at risk for developing cardiovascular diseases. Although an individualized approach, with a specific dedicated effort to motivate patients, is probably mandatory to obtain any change in lifestyle habits in the general population.
Recommendations

- This study has been focused mainly on the dietary recommendations with few general suggestions on the other lifestyle factors. So the researchers are recommended to plan a large intervention trial focused on the every lifestyle risk factors. It will be more helpful for metabolic syndrome patients.

- Food organizations in India can be recommended to develop ready to eat foods from barley with different flavors as oats with high content of dietary fiber at affordable price. So that people can easily consume barley without doing extra effort.

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