

Prevention

RAISINS AND BLOOD PRESSURE: A RANDOMIZED, CONTROLLED TRIAL

ACC Moderated Poster Contributions
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Background: The CAMELOT study supported the cardiovascular benefits of mildly reducing blood pressure (BP) in borderline hypertensive patients. Raisins are high in potassium content, and have fiber, polyphenols, phenolic acid, tannins, and antioxidants which may help account for their often-cited, yet unproven BP lowering effects.

Methods: This 12 week randomized controlled study compared the BP effects of 3 times a day raisins versus equicaloric alternative snacks in 46 men and women with pre-hypertension.

Results: Baseline mean systolic BP (SBP) was 133 mm/Hg; mean diastolic BP (DBP) was 82 mm/Hg. Compared to snacks, raisins significantly reduced SBP at weeks 4, 8, and 12, ranging from -4.8 to -7.2% or -6.0 to -10.2 mmHg (p values <0.05). Within group analysis demonstrated raisins significantly reduced SBP at all study visits, with changes ranging from -4.8 to -8.2 mmHg (p values < 0.05). Compared to snacks, raisins reduced mean DBP at all study visits with changes ranging from -2.5 to -6.4 % or -2.6 to -5.0 mmHg; none of these differences were statistically significant. Within group analysis demonstrated raisins significantly reduced mean DBP at all study visits, with changes ranging from -2.4 to - 5.2 mmHg (p values < 0.05). Snacks did not significantly reduce SBP or DBP at any study visit.

Conclusions: Routine consumption of raisins 3 times a day may significantly lower blood pressure, especially when compared to common alternative equicaloric snacks.

