

Table 3 Regression equation for determining the relationship between certain nutritional and non-nutritional factors and cardiovascular disease risk factors

Risk factor ^a	Regression equation	R ²
Total cholesterol	58.2 + 1.18(weight)** + 2.1(age)** + 0.9(SFA intake)* + 0.8(vitamin C intake)**	0.44
Triglycerides	-35.4 + 1.6(BMI)* + 2.4(carbohydrate intake)*	0.22
HDL	67.7 - 0.6(weight)***	0.40
LDL	4.3 + 1.1(weight)* + 1.6(age)* + 0.7(cholesterol intake)**	0.25
Systolic blood pressure	70.1 + 48.1(WHR)** - 0.7(fibre)* - 0.8(education level)* + 0.17(SFA intake)* - 0.4(calcium intake)*	0.21
Diastolic blood pressure	41.4 + 0.6(BMI)* + 0.9(WHR)* + 0.1(SFA)** + 0.1(smoking)* - 0.04(calcium intake)*	0.20
Blood glucose	45.3 + 0.1(BMI)** + 0.1(WHR)* - 0.09(zinc intake)*	0.22

* $P < 0.05$; ** $P < 0.01$; *** $P < 0.001$.

^aDependent variable.

R = multiple correlation coefficient.

SFA = saturated fatty acids.

BMI = body mass index.

HDL = high density lipoprotein cholesterol.

LDL = low density lipoprotein cholesterol.

WHR = waist to hip ratio.