

Table 5. Cardiovascular risk markers

	Control diet		Diet + curd		p
	Baseline	Final	Baseline	Final	
Free Fatty Acids (mmol/L)	0.41±0.17	0.40±0.19	0.34±0.10	0.39±0.16	ns
ALT (U/L)	18.9±8.2	20.1±8.6	17.2±7.9	15.3±5.5	ns
AST (U/L)	20.1±5.5	20.3±5.5	18.6±3.1	17.9±2.9	ns
Uric Acid (mg/dL)	5.3±1.5	5.4±1.3	4.9±1.4	4.8±1.2	ns
Homocysteine (μmol/L)	14.8±3.3	15.6±2.8	14.1±2.2	13.1±2.1	ns
C-Reactive Protein (mg/L)	1.40±1.13	1.69±0.99	2.32±3.72	2.25±3.59	ns