

## LIST OF FIGURES

SR. NO	TITLE	PAGE NO
1.	Interaction between free radicals and antioxidants affecting aging	29
2.	Defense system in vivo against oxidative damage	30
3.	Progression of lipid engorged–macrophage foam cells in the arterial wall.	43
4.	Oxidation of LDL via oxidative modification hypothesis	44
5.	Formation of free radicals formed from various sources and its damage to the DNA	55
6	Experimental plan	87
<b>SECTION I</b>		
1a	Percent distribution of weight in men and women (aged 45 years and above ) with respect to the BMI	95
2a	Number of men (45–59 years) consuming $\beta$ -carotene and vitamin C at various levels of percent RDA	105
3a	Number of men (60 years and above) consuming $\beta$ -carotene and vitamin C at various levels of percent RDA	105
4a	Number of women (45–59 years) consuming $\beta$ -carotene and vitamin C at various levels of percent RDA	110
5a	Number of women (60 years and above) consuming $\beta$ -carotene and vitamin C at various levels of percent RDA	110
6a	Amount of GLVs and fruits consumed by men and women from the freelifving population	113
7a	Consumption of $\beta$ -carotene by men and women (45 years and above) in relation to the educational status.	115
8a	Consumption of vitamin C by men and women (aged 45 years and above) in relation to the educational status.	115
9a	Frequent consumption of antioxidants rich vegetables and fruits by men from the free living population	121
10c	Frequent consumption of antioxidants rich vegetables and fruits by women from the free living population	121

SECTION II		
1b	Percent distribution of weight in men and women (aged 45 years and above) with and without CVD with respect to BMI.	150
2b	Amount of GLVs and fruits consumed by men with and without CVD	168
3b	Amount of GLVs and fruits consumed by women with and without CVD	168
4b	Antioxidants intake in relation to CVD risk in men	170
5b	Antioxidants intake in relation to CVD risk in women	170
6b	Frequent consumption of vegetables and fruits by men with and without CVD	177
7b	Frequent consumption of vegetables and fruits by women with and without CVD	177
8b	Mean antioxidant value of men and women with and without CVD	189
9b	Dietary intake of vitamin C in sub sample of men and women with and without CVD	191
10b	Dietary intake of $\beta$ -carotene in sub sample of men and women with and without CVD	191
SECTION III		
1c	Percent consumption of $\beta$ -carotene at various level of percent RDA by men (45–59 years) with and without oral cancer	229
2c	Percent consumption of vitamin C at various level of percent RDA by men (45–59 years) with and without oral cancer	229
3c	Percent consumption of $\beta$ -carotene at various level of percent RDA by men (60 years and above) with and without oral cancer	231
4c	Percent consumption of vitamin C at various level of percent RDA by men (60 years and above) with and without oral cancer	231
5c	Consumption of antioxidants rich GLVs and fruits by men with and without oral cancer	233
6c	Frequent consumption of antioxidants rich vegetables and fruits by men with and without oral cancer	237
7c	Percentage of men with and without oral cancer reporting various addictions	241
8c	Risk of developing oral cancer with various addictions	241
9c	Mean value of antioxidants profile in men with and without oral cancer	249

SECTION IV		
1d	Percentage of caregivers reporting knowledge regarding health and nutritional status of elderly.	277
2d	Percentage of caregivers reporting practices of the knowledge regarding health and nutritional status of elderly.	280
I	Trend of $\beta$ -carotene consumption from 1991 to 2003 in men and women (60 years and above) from free living population	292
II	Trend of vitamin C consumption from 1991 to 2003 in men and women (60 years and above) from free living population	292
III	Change in disease profile of men (aged 60 years and above ) from 1993 to 2003	293