

free fiber dessert for 16.03%. Guar gum dessert significantly decreased triglyceride concentrations more by 2.11% ($p < 0.001$), and low density lipoprotein more by 25.28% ($p < 0.001$), but high density lipoprotein significantly increase more by 3.88 % ($p < 0.001$) when comparing with free fiber dessert . Body weight of the guar gum dessert group decreased by 0.45 ± 0.3 kg/3 weeks but without any statistically significant difference. It is concluded that guar gum dessert decrease serum cholesterol, triglyceride, LDL-C, and increased HDL-C significantly in the experimental period of 3 weeks and returned to former levels within 2 weeks. Futher controlled studies are needed for different dosess responses and the long term effects of guar gum dessert in hyperlipoproteinemia patients.