### Improving Effect of Dietary Kefir Supplementation on the Lipid Peroxidation and GSH-Px, CAT, GSH Levels in the Blood of Rabbits Fed on a High-Cholesterol Diet

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### Abstract: The effect of kefir on high-cholesterol and kefir diet with or without kefir on oxidative stress in the plasma and antioxidant enzyme (GSH-Px, CAT, and GSH) in the red blood of rabbits was investigated. The animals were maintained on a basal diet (control), a high-cholesterol diet (HC, 2 % w/w) or a high-cholesterol diet suplemented with kefir (30 ml kg/bw) for 16 weeks. At the and of the microbiological analysis of kefir, the averages of the total mesophilic aerobic colony counts, lactic acid bacteria, lactic streptococci, enterococci, and yeasts were found to be 1.04x109, 9.87x108, 4.38x108, 7.80x104 and 1.26x105 CUF/ml, respectively. The kefir diet caused a significant decrease in the TBARS levels in the plasma, of rabbits as compared to the HC group. In the conclusion, anticholesterimic effect of kefir may be related to its antioxidative potential as well as its antilipidemic effect.