**SUMMARY OF NEW CONCLUSIONS**

**OF THE DOCTORAL DISSERTATION**

**PhD student:** Doan Thi Anh Tuyet

**Name of dissertation: *“The effectiveness of using medium chain triglycerides on nutritional status, blood lipid index and fasting blood glucose of overweight/obese women 20-45 years old in Bac Giang province (2019-2020)”***

**Major:** Nutrition

**Code:** 9720401

**Academic advisors:** 1. Ass.Prof. PhD. Le Danh Tuyen

 2. Ass.PhD. Nguyen Song Tu

**Institution:** National Institute of Nutrition

**New conclusions of the doctoral dissertation:**

 This is the first research project in Vietnam that describes the nutritional status and biochemical blood indices of overweight and obese women aged 20-45 and evaluates the effectiveness of using medium chain triglyceride oil in overweight and obese adults in the community, with a fairly large intervention sample size and an extended intervention period.

 The study has provided a dataset on the effectiveness of using MCT oil after 2 and 4 months of intervention, which is suitable for improving nutritional status, body fat composition, and blood lipid indices (total cholesterol and triglycerides) in overweight and obese women aged 20-45.

 The study has introduced an additional method to assist in the management of overweight and obesity in Vietnam by altering the fat composition in the diet of overweight and obese women.

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