

Faculty Talk: Insightful Seminar Series
Faculty of Livestock, Fisheries, and Nutrition
Wayamba University of Sri Lanka

Topic

Effect of Dietary fat on cardiovascular disease risk markers

Overview

Cardiovascular diseases (CVD) are escalating at an alarming rate all over the globe including Sri Lanka. Among the multitude of causative factors, dietary fat quality and quantity found to be prudent determinants of CVD risk. Vascular function and postprandial lipaemic response are crucial predictors of future CVD risk. Thus, exploring the association between dietary fat quality and CVD risk using both classical and emerging risk markers would be substantial. As it would provide better insight on this relationship specially among a population group like Sri Lankans whose have a distinct complex dietary matrix.

Speaker

Dilki S. Perera (BSc, MSc, Mphil), Lecturer
Department of Nutrition and Dietetics, Wayamba University of Sri Lanka



Ms. Dilki S. Perera graduated from the Department of Nutrition and Dietetics at Wayamba University of Sri Lanka in 2012, earning a BSc (Sp) degree in Applied Nutrition. She completed her MSc in Food and Nutrition at the Postgraduate Institute of Agriculture, University of Peradeniya, and obtained her MPhil in Human Nutrition from Wayamba University of Sri Lanka in 2023.

She is a registered Dietitian and Nutritionist with over eight years of full-time clinical experience. Her research primarily focuses on the role of dietary modifications in the prevention and management of chronic diseases, particularly cardiovascular, renal, liver, and gastrointestinal disorders.

Moderator

Prof. W.A. Harindra Champa, PhD, Chairperson, Research Development and Publication Committee, Faculty of Livestock, Fisheries and Nutrition, Wayamba University of Sri Lanka.

Date & Time

09:30 AM - 10:00 am on 05th March 2026

Venue

Aquaculture & Fisheries Lecture Room, Faculty of Livestock, Fisheries and Nutrition

Contact

For inquiries, please contact Prof. W.A. Harindra Champa, Chairman, RDPC, FLFN, WUSL. Email: harindra.bsu@wyb.ac.lk

Organized by: Research, Development and Publication Committee
Faculty of Livestock, Fisheries, and Nutrition