

// ()
//
//

*

		<i>Paired t-test</i>			
\pm	\pm	\pm	\pm		
	(P = /)		LDL		(P < /)
LDL-C/HDL-C	(P = /)			\pm	\pm
(P = /) / \pm /	/ \pm /	Total Cholesterol/HDL-C	(P < /)	/ \pm /	/ \pm /
(P = /)		\pm	\pm		
			BMI		

(.)) %
(

) (.) (.)
 ((.)
)
 () ()
 E LDL MUFA
 LDL (.)
)
 ()
 LDL) MUFA
 HDL ()
 veno ject Antecubital () LDL
 SRB HDL LDL
 Auto Analyzer (Vita Lab)
 (Selectra2, Finland)
 LDL before - after
 Modified Fried wall

Modified Fried wall formula:

$$LDL-C = Total\ Cholesterol - (HDL-C + Triacylglycerid/6.25)$$

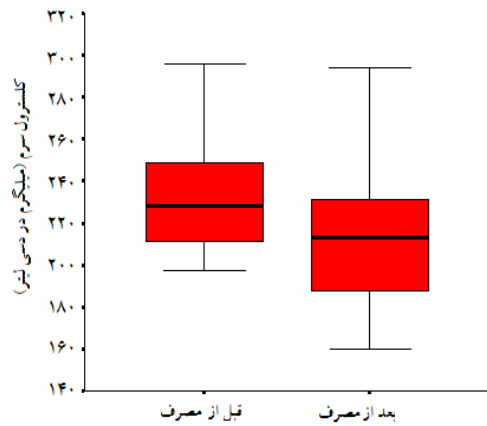
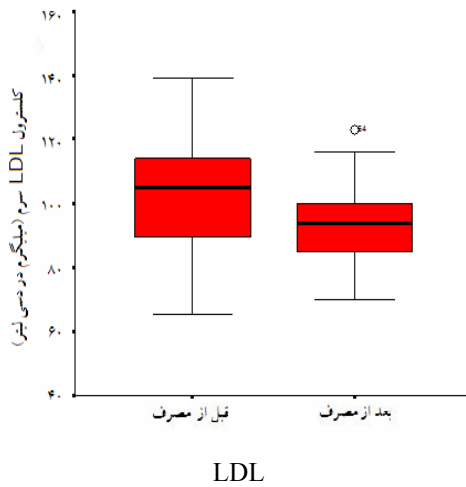
(Intra assay)

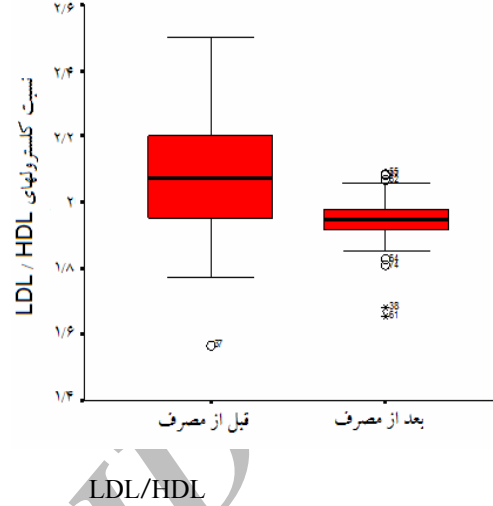
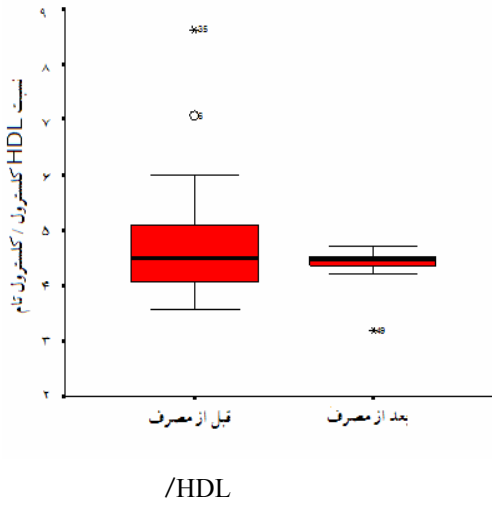
) HDL LDL
 (/ / / /
 ()
 HDL LDL
)
 ()
 BMI
 SPSS
 Paired t-test version 10
 Linear Regression
 ()
 ± / ()
) ± /
 / ± / BMI (:
 BMI
 HDL BMI
 ()
 (P< /) % / () LDL
 (P= /) /
 (P= /) /
 ()
 (P< /)

C16: 0	/
C18: 0	/
C18: 1c	
C18: 2c	/
C20: 0	/
C22: 0	/
C24: 0	/

HDL LDL (P= /) / LDL
 HDL LDL () /
 HDL LDL Total Cholesterol/HDL-C LDL-C/HDL-C
 HDL LDL (P< /) / LDL-C/HDL-C
 () (P = /) / Total Cholesterol/HDL-C
 ()
 ()

P= /	/	/	/ ± /	/ ± /	(kg)
P= /	/	/	/ ± /	/ ± /	(kg/m ²) BMI
P< /	/	/	/ ± /	/ ± /	(mg/dl) LDL
P= /	/	/	/ ± /	/ ± /	(mg/dl) HDL
P= /	/	/	/ ± /	/ ± /	(mg/dl)
P= /	/	/	/ ± /	/ ± /	(mmhg)
P= /	/	/	/ ± /	/ ± /	(mmhg)





		HDL	LDL		
↓ / , P= /	NS	↓ / , P= /	↓ / , P< /	↓ / , P< /	n=
NS	NS	NS	NS	NS	n=
	P= /	P= /	P= /	NS	()
HDL					
NS	↑ / P= /	↑ / P= /	NS	NS	n=
NS	↓ / P= /	↓ / , P< /	↓ / , P< /	↓ / , P< /	n=
NS	P< /	P< /	NS	NS	(HDL)
↓ / , P= /	NS	↓ / , P= /	↓ / , P= /	↓ / , P= /	n=
P= /	NS	NS	↓ / , P< /	P= /	n=
	NS	NS			()

$$\begin{aligned}
 &= / + (* /) \\
 \text{LDL} &= / + (\text{LDL} * /) + (\text{BMI} * /) \\
 \text{HDL} &= / + (\text{HD} * /) (* / \\
 &= / + (* /) (* /)
 \end{aligned}$$

:

:

)
()

% /

BMI LDL
LDL

HDL

HDL

Total Cholesterol/HDL-C LDL-C/HDL-C

HDL

%)

/

(%)

(.) LDL

(/)

(.)

(.)

MUFA

/ LDL

(.)

/

HDL

)

HDL

(

(.)

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LDL

BMI

E

A

LDL

(Lysine/Arginine

()

BMI

Cross-over

MUFA

()

MUFA

)

(MUFA

()

()

()

()

LDL

LDL

()

HDL

LDL

HDL

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