

//
//
//

()

()

*

() :

SPSS

(

Paired-t test

%

% /

/ ± /

(

)

:

HDL

/

(P < /

)

LDL % /

(P < /

P < /

)

LDL/HDL

Chol/HDL

:

()

HDL LDL

:

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(.)

()
)

Poly - Unsaturated Fatty Acids (PUFA)

(Mono- Unsaturated Fatty

() Acids

(LA) :

(LNA)

(PUFA)

()

FAO WHO

%

)

HDL LDL Chol TG

%

LNA LA

LA

(

(.)

Linium Usitatissimum

(LNA)

(LA / g LNA / g)

HDL

TG

(.)

LDL

%

LNA

%

PUFA

LA

() /

() LNA %

(.)

()

(.)

	(\pm SD)	()	(\pm /)			
LDL	/ \pm /	/ mg/dl	/ \pm /	mg/dl	%	(% /) LNA (% /) LA
HDL	/ \pm /	/ mg/dl	/ \pm /			
	/ \pm /		/ \pm /			
	%	% /				
)		LDL % /			
HDL	/	(P < /	C	(/ g)	(/ g)	(/ g)
LDL/HDL	Chol/HDL		(/ g)	(/ g)	(/ g)	(/ ml)
P < /)		(P < /			
			() g	

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LDL	ml
HDL	
LDL	
HDL	
()	()
()	()
Alekseeva	()
()	Eristland
()	()

SPSS

Paired-t-test

Kim

P < /

() LDL () %
 (% /)

() HDL

HDL
 Lucas Eristland ()
 () ()
 HDL ()
 % / / mg/dl



()
 Alekseeva

()

Kim

% ()
 % /

() (PUFA) LDL / mg/dl
 % /

()
 Eristland Alkseeva

HDL

LDL

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