

//  
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( )

\*

( ) :

)

:

SPSS

(

*Paired-t test*

%

% /

/ ± /

( ) :

HDL

/

(P < /

)

LDL % /

(P < /

P < /

)

LDL/HDL

Chol/HDL

:

( )

**HDL LDL**

:

(.)

( )  
) Poly - Unsaturated Fatty Acids (PUFA)  
( Mono- Unsaturated Fatty  
( ) Acids  
(LA) :  
(LNA)  
(PUFA)  
( )  
FAO WHO  
%  
) LNA LA  
HDL LDL Chol TG % LA  
( )  
Linium Usitatissimum  
(LNA)  
( LA / g LNA / g )  
HDL TG ( )  
LDL % LNA %  
PUFA LA  
( ) /  
( ) LNA %  
( )  
( )  
( )

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

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

SPSS Paired-t-test

Kim

P < /

( )

/

( ) LDL ( ) %  
 (% / )

( ) HDL

Lucas HDL Eristland ( )  
 ( ) ( )

HDL  
 ( )

% / / mg/dl

( )

Alekseeva

( )

Kim

%

( )

%

% /

( )

% /

(PUFA)

LDL

( )

/ mg/dl

%

% /

( )

Eristland

Alekseeva

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HDL

LDL

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