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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

%

)

HDL LDL Chol TG

%

LNA LA
LA

(

(.)

Linium Usitatissimum

(LNA)

(LA / g LNA / g)

HDL

TG

(.)

LDL

%

LNA

%

PUFA

LA

() /

()

LNA %

(.)

()

()

(± SD) ()
 / (± /)
 mg/dl / mg/dl %
 LDL / ± / / ± / (% /) LNA (% /) LA
 HDL / ± / / ± /
 / ± / / ± /
 % % /
) 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

HDL

LDL

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