

// ()
 / / , ,
 //

*

:

:

Paired t-test

()

$\pm$ $\pm$

$\pm$ /

:

(P = /)

$\pm$ $\pm$

LDL

(P < /)

LDL-C/HDL-C

(P = /)

$\pm$

$\pm$

(P = /) / $\pm$ / / $\pm$ /

Total Cholesterol/HDL-C (P < /) / $\pm$ / / $\pm$ /

(P = /)

$\pm$

$\pm$

BMI

:

:

%

(.)

)

(

) (.) (.)

) (E 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

()
 $\pm /$ ()
) $\pm$ / /
/ $\pm /$ BMI (BMI
BMI :

HDL BMI
(
($P < /$) % / () LDL
($P = /$) /
($P = /$) /
()
($P < /$)

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

/ /

(P= /) / LDL

HDL LDL

.(/) /

HDL

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

HDL LDL

(P< /) / LDL-C/HDL-C

()

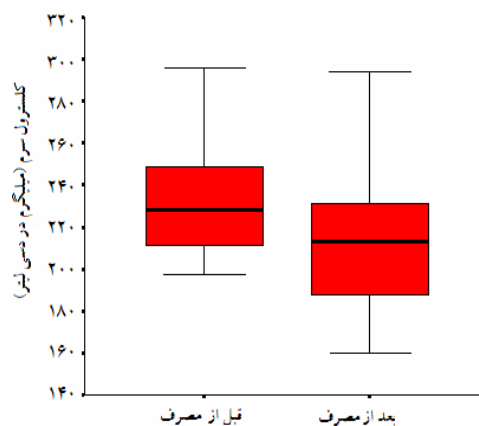
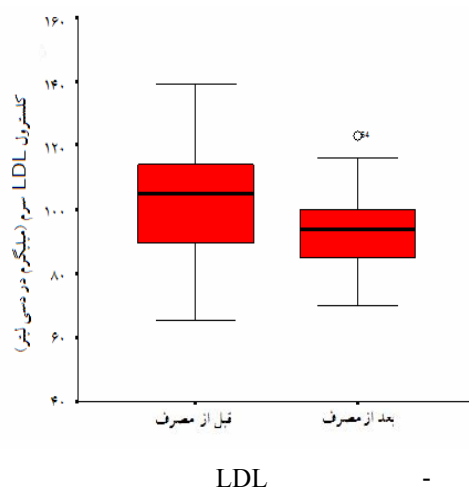
(P = /) / Total Cholesterol/HDL-C

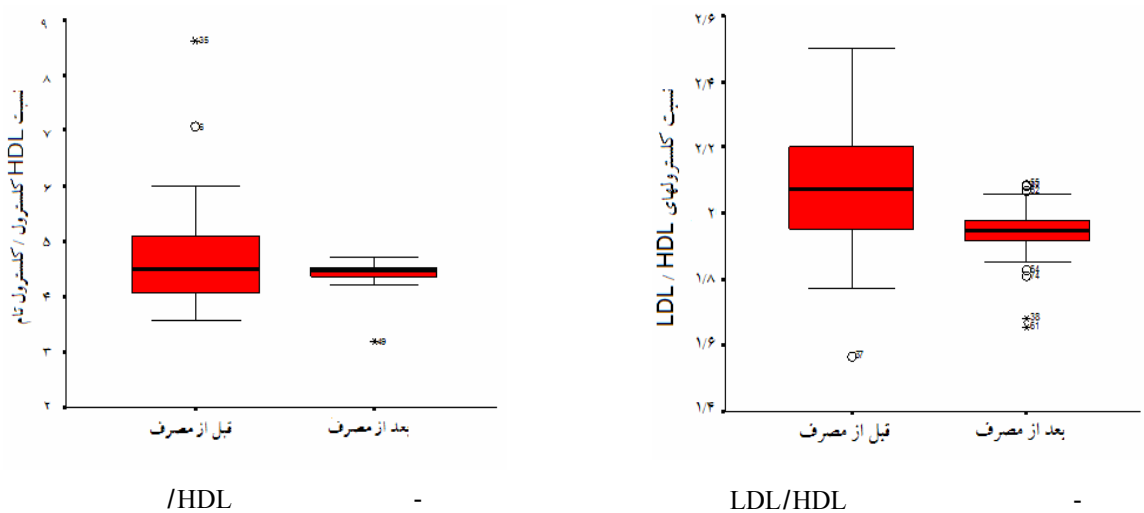
.(/)

.(/)

-

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

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

:

:

)

LDL

% /

LDL

•

HDL

●

HDL

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

●

HDL

•

%)

/

(%)

$$\cdot() \quad \text{LDL}$$
$$\left(\quad / \quad \right)$$

.()

.()

MUFA

/ LDL

.()

/

HDL

HDL

)

(

1. ()

)

/			
LDL	BMI	E	A
.	LDL	(Lysine/Arginine	BMI
		.(-)	
			()
Cross-over		MUFA	
		MUFA	
		)	(MUFA
		.()	
		()	
			.(-)
		.()	
		LDL	
		LDL	.()
		HDL	LDL
		HDL	

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