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SPSS

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Paired-t test

% % / , / $\pm$ / () :

HDL / (P < /) LDL % /

(P < / P < /) LDL/HDL Chol/HDL

:

()

HDL LDL

:

()

mahmoud_baradaran2@yahoo.com :

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.(-)

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Poly - Unsaturated Fatty Acids (PUFA)

Mono- Unsaturated Fatty

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.(-)

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

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LNA %

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ml

HDL

LDL

HDL

$$\cdot \left(\quad \right)$$

)

(

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Alekseeva

.()

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Eristland

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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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