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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 %

.( )

( )

.( )



( )

/

( ) %

( ) LDL

(% / )

( ) HDL

HDL

Lucas

Eristland

( )

( )

( )

HDL

( )

% / / mg/dl

( )

Alekseeva

( )

Kim

%

( )

%

% /

( )

% /

(PUFA)

LDL

( )

/ mg/dl

%

% /

( )

Eristland

Alekseeva

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HDL

LDL

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