

// ( )  
//  
//

\*

---

Paired t-test ( )

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

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

BMI

(.)

%

)

(

) (.) (.)  
 ( (.)  
 )  
 ( ) ( )  
 E LDL 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

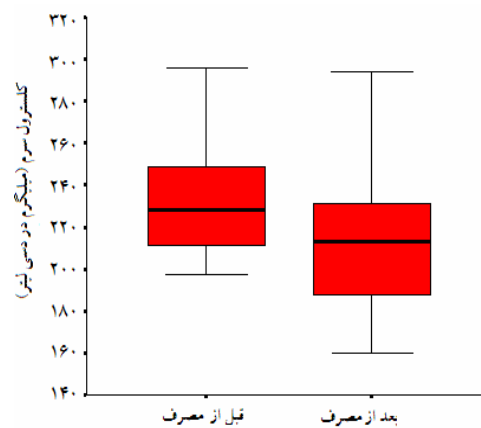
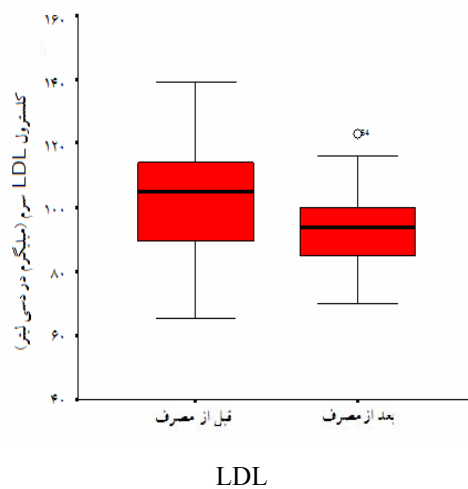
( )  
 ± / ( )  
 ) ± /  
 / ± / BMI ( :  
 BMI  
 )  
 HDL BMI  
 (

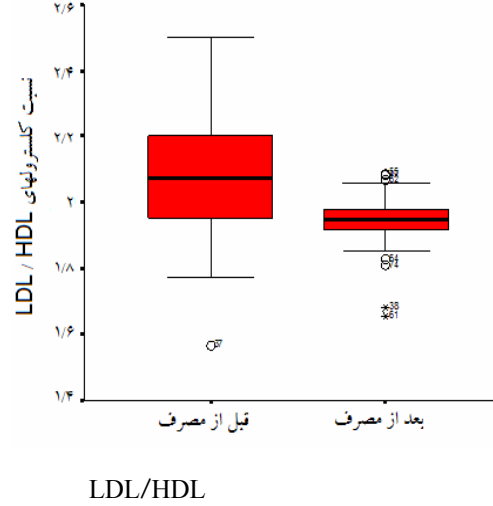
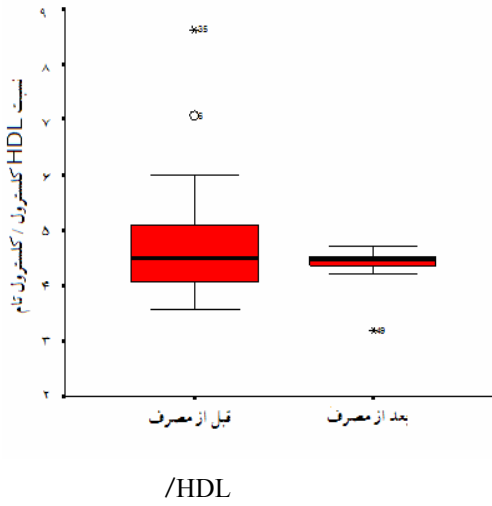
(P< / ) % / ( ) LDL  
 (P= / ) /  
 (P= / ) /  
 ( )  
 (P< / )

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

| HDL | LDL | (P= / ) / LDL                       |
|-----|-----|-------------------------------------|
| ( ) | ( ) | ( ) /                               |
|     |     |                                     |
| HDL | LDL | Total Cholesterol/HDL-C LDL-C/HDL-C |
| ( ) | ( ) | (P< / ) / LDL-C/HDL-C               |
|     |     | (P = / ) / Total Cholesterol/HDL-C  |
|     |     | ( )                                 |
|     | ( ) |                                     |

|      |   |   |       |       |                          |
|------|---|---|-------|-------|--------------------------|
| P= / | / | / | / ± / | / ±   | (kg)                     |
| P= / | / | / | / ± / | / ± / | (kg/m <sup>2</sup> ) BMI |
| P< / | / | / | / ± / | / ± / | (mg/dl) LDL              |
| P= / | / | / | / ± / | / ± / | (mg/dl) HDL              |
| P= / | / | / | / ± / | / ± / | (mg/dl)                  |
| P= / | / | / | / ± / | / ± / | (mmhg)                   |
| P= / | / | / | / ± / | / ± / | (mmhg)                   |





|            | HDL      | LDL        |            |            |
|------------|----------|------------|------------|------------|
|            | NS       | ↓ / , P= / | ↓ / , P< / | n=         |
| ↓ / , P= / | NS       | NS         | ↓ / , P= / | n=         |
| NS         | P= /     | P= /       | NS         | ( )        |
|            |          |            |            | <b>HDL</b> |
| NS         | ↑ / P= / | ↑ / , P= / | NS         | n=         |
| NS         | ↓ / P= / | ↓ / , P< / | ↓ / , P< / | n=         |
| NS         | P< /     | P< /       | NS         | (HDL )     |
|            |          |            |            |            |
| NS         | NS       | ↓ / , P= / | ↓ / , P= / | n=         |
| ↓ / , P= / | NS       | NS         | ↓ / , P< / | n=         |
| P= /       | NS       | NS         | P= /       | ( )        |

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

)  
( )

% /

BMI LDL  
LDL

HDL  
HDL

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

HDL

%)

/

(%)

(.) LDL

( / )

(.)

(.)

MUFA

/ LDL

(.)

HDL /

)

HDL

(

(.)

)

LDL

BMI

E

A

LDL

( Lysine/Arginine

( )

BMI

( )

Cross-over

MUFA

MUFA

)

(MUFA

( )

( )

( )

( )

LDL

LDL

( )

HDL

LDL

HDL

...

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