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SPSS

(

Paired-t test

% % / , / ± / () :

HDL / (*P* < /) *LDL* % /

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

:

()

HDL LDL

:

()

mahmoud_baradaran2@yahoo.com :

:

) (-)
 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 %
 ()
 ()
 ()

1

ml

HDL

HDL

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(

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(

Paired-t-test

()		/	
-		.()	%
.()	LDL		(% /)
.()	HDL		
	HDL		
Lucas	Eristland	.()	
	()	.()	
HDL			
.()			
		% /	/ mg/dl
		.(-)	
			Alekseeva
		()	
			Kim
		%	
		.()	
	%		% /
	(		)
	(PUFA)	LDL	
	% /	/ mg/dl	
.()			% /
	%		
	.()		
	Eristland	Alkseeva	

HDL

LDL

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