

Effects on plasma lipoproteins of a prudent weight-reducing diet.

- - Exercise Training and Plasma Lipoproteins in Man

Dietary component	Dietary change	Approximate reduction in LDL cholesterol (%)
Reducing saturated fat	from 15% to ~6% of calories	11%
Reducing dietary cholesterol	<300 mg/day*	5%
Weight reduction	5% weight loss	10%
Functional foods		
Viscous fibre	5-10 g/day	5%
Plant sterol/stanols	2-3 g/day	6-15%
Effect with combined dietary intervention		20-30%

*100 mg/day reduction of cholesterol reduces total cholesterol by ~5%

Description: -

-effects on plasma lipoproteins of a prudent weight-reducing diet.

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New England journal of medicine -- v.325effects on plasma lipoproteins of a prudent weight-reducing diet.

Notes: Taken from New England journal of medicine, vol.325, 1991, pp. 461-466.

This edition was published in 1991



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Exercise Training and Plasma Lipoproteins in Man

Int J Sports Physiol Perform. If the two-tailed 95% confidence intervals generated from the models did not cross zero, results were considered to be statistically significant.

Effects of alternate day calorie restriction and exercise on cardio

Matthews DR, Hosker JP, Rudenski AS, Naylor BA, Treacher DF, Turner RC.

High

Estimation of the concentration of low-density lipoprotein cholesterol in plasma, without use of the preparative ultracentrifuge. Second, the diet protocol of the study was not individualized and not supervised completely in all groups.

A Lipid

Varady KA, Bhutani S, Church EC, Klempel MC.

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- [Bread and cereal](#)
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- [Proceedings of the Sixth International Conference on Raman Spectroscopy, Bangalore, India, 4-9 Septe](#)
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