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關鍵字(英)	young barley leaf essence soybean oil olive oil low density lipoprotein oxidation antioxidation lag phase cholesterol
摘要(中)	本研究之目的在探討攝取橄欖油或黃豆油這兩種不同食用油脂與補充大麥苗及維生素 C、E 抗氧化劑，對正常健康者血脂質濃度及低密度脂蛋白(LDL)氧化之影響。實驗為期三週，以 60 位自願、健康男性大學生為對

	<p>象。實驗飲食的前兩組為橄欖油(O)、黃豆油(S)之基礎飲食；第三、四組每日另加給 15 g 大麥苗粉(OB, SB)；第五、六組每日另再給予維生素 C 與 E 各 200 mg (OBV, SBV)。於實驗前及 3 週後分別抽血測定空腹血脂質濃度及 LDL 氧化遲滯期 (lag phase)。實驗結果顯示黃豆油飲食組有降低血清總膽固醇之趨勢(P<0.10)，並顯著降低 LDL-C 及 HDL-C 濃度(P<0.05)，且其 LDL 氧化遲滯時間非常顯著比橄欖油組短(P<0.01)；當在黃豆油飲食中另補充大麥苗時，則可非常明顯地降低血清總膽固醇濃度(P<0.01)，並非常有效地延緩 LDL 的氧化(P<0.01)。攝取橄欖油飲食亦可非常有效延緩 LDL 之氧化(P</p>
摘要 (英)	<p>This study investigated the antioxidative activities of young barley leaf essence (BL) on the oxidation of serum LDL in healthy subjects who ingested various saturation of edible oil, with or without vitamins C and E supplemented. Sixty healthy college students were randomly divided into 6 dietary groups, 10 in each. Basal diets contained olive oil (O) or soybean oil (S) as different saturation oil sources. The test subjects received O, S, O or S plus 15 g of BL (OB or SB), OB or SB plus additional 200 mg of vitamins C and E (OBV or SBV) diet daily for 3 weeks. After overnight fasting, blood samples were drawn at the beginning of the experiment and at the end of the 3-week feeding. Serum lipid levels and lag phases of LDL oxidation were determined. The results showed that S diet significantly decreased serum LDL-C and HDL-C levels (P</p>
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