



范志红_原创营养信息

2020-10-27

C

.....

[2-4]

[5]

40

23

17

BMI 25.3 ± 3.7 kg/m²

51 ± 11

1

A

2

8

340g

8

4

500 mL

8

340

B

8

4

8

2

crossover design

3

4

LDL-c

TG

TG

I CAM1

LDL

4

HDL

/

[6]

300~500

200~350

1~2

.....

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[2] Hansen L , Dragsted L O , Olsen A , et al . Fruit and vegetable intake and risk of acute coronary syndrome. [J] . The British Journal of Nutrition, 2010, 104(2): 248-255.

[3] . Hodgson Jonathan M, Prince Richard L, Woodman Richard J et al . Apple intake is inversely associated with all-cause and disease-specific mortality in elderly women. [J] . The British Journal of Nutrition, 2016, 115: 860-7.

[4] Sandoval -Ramírez Berner André e, Catalán Úrsula, Calderón-Pérez Lorena et al . The effects and associations of whole-apple intake on diverse cardiovascular risk factors. A narrative review [J] . Critical Reviews in Food Science and Nutrition, 2020, undefined: 1-14.

[5] Athanasios K , Samantha R , Ulaszewska MM, et al . Two apples a day lower serum cholesterol and improve cardiometabolic biomarkers in mildly hypercholesterolemic

adults: a randomized, controlled, crossover trial [J]. American Journal of Clinical Nutrition, 2019(2): 2.

[6] Ravn-Haren Gitte, Dragsted Lars O, Buch-Andersen Ti ne et al. Intake of whole apples or clear apple juice has contrasting effects on plasma lipids in healthy volunteers. [J] . European Journal of Nutrition, 2013, 52: 1875-89.