

Fatty Fish, False flax Oil beneficial for Cholesterol

20 April 2018 | News

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Eating fatty fish increases the size and lipid composition of HDL particles in people with impaired glucose metabolism, according to a new study from the University of Eastern Finland.

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The IDL lipoprotein, on the other handwriting , is the precursor of LDL, which is also known as "the badness " cholesterol. Previous work have shown that long-chain omega -3 fatso back breaker found in fish have a beneficial effect on lipoprotein size and composition. Genus Camelina oil, on the other hand, is rich in alpha -linolenic acid, which is an essential omega-3 fatty acid whose associations with lipoprotein arenâ??t well understood yet.

The study involved 79 Suomi men and women aged between 40 and 72, and with impaired glucose metabolism. Subject participants were randomly divided into four mathematical radical s for a XII -calendar week interference : the camelina crude group, the fatty fish group, the lean fish group, and the control condition group. People in the lean and fatty fish groups were

instructed to eat lean or fatty fish four times a week, and people in the camelina oil group were asked to use 30 ml of camelina sativa oil daily. Participants in the control group were allowed to eat fish once a week, and the use of camelina oil and other oils containing alpha -linolenic fatty acids, such as rapeseed oil, was prohibited.

The researchers found that eating fatty fish increased the size of it and lipid makeup of High-density lipoprotein (HDL), and that the use of camelina oil decreased the number of harmful LDL particles. Both of these changes can reduce the risk of cardiovascular disease. Eating lean fish, however, was not associated with changes in the number, size or composition of lipoprotein particles.

Study adapted from a University of Eastern Finland news release.