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食用鸡蛋与心血管疾病关系的研究进展

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The Relationship between Egg Consumption and Cardiovascular Diseases

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摘要 流行病学调查显示食用鸡蛋与心血管疾病是否有关存在很大的争议。血清中的胆固醇主要以低密度脂蛋白形式存在。研究表明体内氧化型低密度脂蛋白增多是心血管疾病形成的主要原因之一。本文对鸡蛋的消费量、血清胆固醇和氧化型低密度脂蛋白三者的关系进行综述,旨在为探讨食用鸡蛋与体内氧化型低密度脂蛋白含量关系的研究提供理论参考。

关键词: 鸡蛋 胆固醇 心血管疾病

Abstract: It has been controversial whether the intake of eggs could cause cardiovascular disease in epidemiological surveys. Low-density lipoprotein is the main form of cholesterol in serum. Studies showed that the increase of oxidized low-density lipoprotein *in vivo* was one of the main causes of cardiovascular disease. This article reviewed the relationships among egg consumption, serum cholesterol and oxidized low-density lipoprotein for understanding the relationship between the intake of eggs and the content of oxidized low-density lipoprotein *in vivo*.

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