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List of abbreviations

AHA, American Heart Association; Apo, apolipoprotein; CETP, cholesteryl ester transfer protein; CHO, carbohydrate; CLA, conjugated linoleic acid; CVD, cardiovascular disease; DM2, type 2 diabetes mellitus; DNL, *de novo* lipogenesis; energy%, percentage energy intake; FA, fatty acids; GI, glycemic index; GL, glycemic load; HDL-C, high-density lipoprotein cholesterol; HPA,

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