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Implications of the Mediterranean diet and physical exercise on the lipid profile of metabolically healthy obese women as measured by nuclear magnetic resonance spectroscopy (^{1}H-NMR)

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Short Title: Lipid profile by ^{1}H-NMR in MHO women

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Learning Points

- Few studies have analysed the lipid profile in MHO subjects by nuclear magnetic resonance spectroscopy. Our study shows that intensive lifestyle intervention throughout 2 years of dietary intervention and