

# CONSIDERAȚII PRIVIND INFLUENȚA ALIMENTAȚIEI ASUPRA NIVELELOR MEDII ALE LIPIDEMIEI ȘI COLESTEROLEMIEI LA UNELE POPULAȚII DIN DELTA DUNĂRII

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*Comunicare prezentată la „Zilele Academice ieșene”, 5 octombrie 2001*

CONSIDERATIONS OF THE INFLUENCE OF NOURISHMENT ON THE AVERAGE LEVELS OF LIPIDEMIA AND CHOLESTEROLEMIA WITH SOME POPULATIONS IN THE DANUBE DELTA. Lipidemia and cholesterolemia have been considered over 1375 subjects living in 8 localities of the Danube Delta, in parallels with the calculation of the real individual daily consumption of the main trophins, and of the caloric consumption – as based on some family nourishment inquiries. Analysis of the obtained results has shown that the values of lipidemia are influenced both by the caloric consumption and by the daily consumption of fats. The values of cholesterol are considerably influenced by the consumption of unsaturated fats. The greases consumed in the Danube Delta come mainly from fish (which is practically the basic food there) – known as having a benefic effect on lipidic metabolism; consequently, the population in this region records low values of cholesterol (the main factor causing atherosclerosis), alongwith quite low values of lipidemia.