

Alpha-Linolenic acid metabolism in humans : compartmental modeling dietary modulation and effects on serum lipids

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STELLINGEN

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α -LINOLENIC ACID METABOLISM IN HUMANS

Compartmental modeling, dietary modulation, and effects on serum lipids

- 1 The optimal dietary approach to increase DHA status in plasma phospholipids is not through conversion of dietary α -linolenic acid but through consumption of DHA itself. (This thesis)
- 2 Conversion of α -linolenic acid in humans is influenced by the absolute amounts of α -linolenic acid and linoleic acid in the diet and not by their ratio. (This thesis)
- 3 The α -linolenic to linoleic acid ratio in the diet is not useful for the formulation of dietary recommendations. (This thesis)
- 4 A decrease in linoleic acid intake has different effects on the absolute and relative conversion of dietary α -linolenic acid than an increase in α -linolenic acid intake. (This thesis)
- 5 Hepatic conversion of isotopically labeled α -linolenic acid is better approximated when quantification is based on the n-3 fatty acid content of plasma phospholipids than of total plasma lipids.
- 6 All models are wrong, but some models are useful. (Box GEP. Robustness in the strategy of scientific model building. In: Launer R, Wilkinson G, editors. Robustness in statistics. Academic Press New York: 1979.)
- 7 Labeling food with "enriched with omega-3 fatty acids" is misleading.
- 8 Interdisciplinary and multidisciplinary research strategies are becoming increasingly vital to many areas of science, and there is a general consensus that we have to create an environment in which they can prosper. (McCarthy J. Tackling the challenges of interdisciplinary bioscience. Nat Rev Mol Cell Biol. 2004; 5:933-7.)