



Scientific expertise for the dairy sector worldwide

BETTER UNDERSTANDING OF SATURATED FATTY ACIDS' FUNCTIONALITIES NEEDED, SAYS DAIRY NUTRITION EXPERT

Brussels, October 28, 2011 – Each saturated fatty acid (SFA) has specific functionalities and should be evaluated as such, said nutrition expert Professor Philippe Legrand.

Prof. Legrand spoke at the 11th European Nutrition Conference in Madrid, Spain, after his presentation at the IDF World Dairy Summit in Parma, Italy. His current research focuses on specific traits of saturated fatty acids (SFA), showing that even long chain SFA such as lauric acid (C12:0), myristic acid (C14:0), and palmitic acid (C16:0) have important functions in our body.

"The real issue is the issue of intake. We need a better understanding of the effects of a moderate consumption of C12:0, C14:0 and C16:0. The available controlled trials too often have only evaluated extreme intakes of these fatty acids, and thus do not reflect normal dietary intake. We need more studies with moderate intake levels to evaluate when and how C12, C14 and C16 fatty acids can be deleterious" Pr. Legrand explained.

"A detailed analysis of specific functionalities of each SFA is crucial and SFAs can't be studied as one indivisible group. This was underlined in the recent guidelines published by the French Food Safety Agency (ANSES), a very positive step forward."

This research will ultimately help consumers to identify dairy foods as part of a healthy and balanced diet.

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Note to editors

1. Philippe Legrand is a Professor of Biochemistry and Nutrition in the Agronomic University of Rennes (FR). His presentation is available upon request.

2. The International Dairy Federation is the leading source of scientific and technical expertise for all stakeholders of the dairy chain. IDF is committed to furthering current knowledge and science on a wide range of issues by triggering state-of-the-art projects across the dairy chain. Today, dairy is one of the most vibrant and strategic sectors, with a major impact on national economies, public health, the environment...

Caroline Leroux, IDF Communications Specialist
Tel : +32 2 325 67 46
E-mail : cleroux@fil-idf.org