

AbuGhazaleh AA, Schingoethe DJ, Hippen AR, Kalscheur KF, Whitlock LA. Fatty acid profiles of milk and rumen digesta from cows fed fish oil, extruded soybeans or their blend. J Dairy Sci. 2002 Sep;85(9):2266-76.


Arienti G, Brighenti F, Fidanza F. Ruoli e richieste di energia e nutrienti energetici Collana: Alimentazione e Nutrizione umana – sezione prima ; Gnocchi Editore 1998; 77-80, 88-93
Aro A, Mannisto S, Salminen I, Ovaskainen ML, Kataja V, Uusitupa M.  
Inverse association between dietary and serum conjugated linoleic acid and risk of breast cancer in postmenopausal women.  

Aronson WJ, Glaspy JA, Reddy ST, Reese D, Heber D, Bagga D.  

Assies J, Lieverse R, Vreken P, Wanders RJ, Dingemans PM, Linszen DH.  
Significantly reduced docosahexaenoic and docosapentaenoic acid concentrations in erythrocyte membranes from schizophrenic patients compared with a carefully matched control group.  

Augustsson K, Michaud DS, Rimm EB, Leitzmann MF, Stampfer MJ, Willett WC, Giovannucci E.  
A prospective study of intake of fish and marine fatty acids and prostate cancer.  

Baer RJ, Ryali J, Schingoethe DJ, Kasperson KM, Donovan DC, Hippen AR, Franklin ST.  
Composition and properties of milk and butter from cows fed fish oil.  

Bao DQ, Mori TA, Burke V, Puddey IB, Beilin LJ.  
Effects of dietary fish and weight reduction on ambulatory blood pressure in overweight hypertensives.  

Barber MD, Fearon KC, Tisdale MJ, McMillan DC, Ross JA.  
Effect of a fish oil-enriched nutritional supplement on metabolic mediators in patients with pancreatic cancer cachexia.  

Barber MD, Ross JA, Voss AC, Tisdale MJ, Fearon KC.  
The effect of an oral nutritional supplement enriched with fish oil on weight-loss in patients with pancreatic cancer.  

Bastasin P, Berra A, Pedrazzi W, Romani R.  
*Dietologia e salute in cucina*  
Franco Lucisano Editore 1999; 39, 59, 86-91, 98, 102, 162-167, 186

Bean LD, Leeson S.  
Long-term effects of feeding flaxseed on performance and egg fatty acid composition of brown and white hens.  

*MASTER IN “ NUTRIZIONE CLINICA E DIETETICA ”*
Belury MA.
Dietary conjugated linoleic acid in health: physiological effects and mechanisms of action.

Benito P, Nelson GJ, Kelley DS, Bartolini G, Schmidt PC, Simon V.
The effect of conjugated linoleic acid on platelet function, platelet fatty acid composition, and blood coagulation in humans.

Benito P, Nelson GJ, Kelley DS, Bartolini G, Schmidt PC, Simon V.
The effect of conjugated linoleic acid on plasma lipoproteins and tissue fatty acid composition in humans.

Birch EE, Hoffman DR, Uauy R, Birch DG, Prestidge C.
Visual acuity and the essentiality of docosahexaenoic acid and arachidonic acid in the diet of term infants.

Bjerregaard P, Pedersen HS, Mulvad G.
The associations of a marine diet with plasma lipids, blood glucose, blood pressure and obesity among the inuit in Greenland.

Brousseau ME, Schaefer EJ.
Diet and coronary heart disease: clinical trials.

Brown AA, Hu FB.
Dietary modulation of endothelial function: implications for cardiovascular disease.

Bruinsma KA, Taren DL.
Dieting, essential fatty acid intake, and depression.

Brunner J, Parhofer KG, Schwandt P, Bronisch T.
[Cholesterol, omega-3 fatty acids, and suicide risk: empirical evidence and pathophysiological hypotheses]

Bulliyya G.
Fish intake and blood lipids in fish eating vs non-fish eating communities of coastal south India.
Buttriss J.
The health benefits of eating foods containing omega-3 fatty acids.

Calder PC, Grimble RF.
Polyunsaturated fatty acids, inflammation and immunity.

Cappelli P, Vannucchi V.
Complementi di scienza dell'alimentazione

Fatty acids composition of plasma phospholipids and triglycerides in children with cystic fibrosis. The
effect of dietary supplementation with an olive and soybean oils mixture.

Carson JA.
Nutrition therapy for dyslipidemia.

Cherian G, Goeger MP, Ahn DU.
Dietary conjugated linoleic acid with fish oil alters yolk n-3 and trans fatty acid content and volatile
compounds in raw, cooked, and irradiated eggs.

Christon RA.
Mechanisms of action of dietary fatty acids in regulating the activation of vascular endothelial cells
during atherogenesis.

Ciaccio M.
Gli acidi grassi ω 3 ed ω 6: dalla biochimica all’applicazione clinica

Clausen T, Slott M, Solvoll K, Drevon CA, Vollset SE, Henriksen T.
High intake of energy, sucrose, and polyunsaturated fatty acids is associated with increased risk of
preeclampsia.
Culebras-Fernandez JM, de Paz-Arias R, Jorquera-Plaza F, Garcia de Lorenzo A.  
[Nutrition in the surgical patient: immunonutrition]  

Dallongeville J, Yarnell J, Ducimetiere P, Arveiler D, Ferrieres J, Montaye M, Luc G, Evans A,  
Bingham A, Hass B, Ruidavets JB, Amouyel P.  
Fish consumption is associated with lower heart rates.  

Das UN.  
Nutritional factors in the pathobiology of human essential hypertension.  

Davis BC, Kris-Etherton PM.  
Achieving optimal essential fatty acid status in vegetarians: current knowledge and practical  
implications.  

Del Toma E.  
Alimentazione: domande e risposte  
Il Pensiero Scientifico Editore 1998; 101-103

Demmelmaier H, Baumheuer M, Koletzko B, Dokoupil K, Kratil G.  
Investigation of long-chain polyunsaturated fatty acid metabolism in lactating women by means of  
stable isotope techniques.  

Dewailly E, Blanchet C, Lemieux S, Sauve L, Gingras S, Ayotte P, Holub BJ.  
n-3 Fatty acids and cardiovascular disease risk factors among the Inuit of Nunavik.  

Dhiman TR, Satter LD, Pariza MW, Galli MP, Albright K, Tolosa MX.  
Conjugated linoleic acid (CLA) content of milk from cows offered diets rich in linoleic and linolenic  
acid.  

Dhiman TR, Anand GR, Satter LD, Pariza MW.  
Conjugated linoleic acid content of milk from cows fed different diets.  

Engelhart MJ, Geerlings MI, Ruitenberg A, Van Swieten JC, Hofman A, Witteman JC, Breteler MM.  
Diet and risk of dementia: Does fat matter?: The Rotterdam Study.  
Enikeeva NA, Kitaiskaia LS, Antoniuk MV.
[Atherosclerosis: feasibility of non-pharmacological correction of some risk factors]

Fidanza F.
Valutazione dello stato di nutrizione e rilevamento dei consumi alimentari
Collana: Alimentazione e Nutrizione umana – sezione quarta ; Gnocchi Editore 1996; 5

Finnegan YE, Minihane AM, Leigh-Firbank EC, Kew S, Meijer GW, Muggli R, Calder PC, Williams CM.
Plant- and marine-derived n-3 polyunsaturated fatty acids have differential effects on fasting and postprandial blood lipid concentrations and on the susceptibility of LDL to oxidative modification in moderately hyperlipidemic subjects.

Ford F.
Health benefits of omega-3s for the whole family.

Francois CA, Connor SL, Bolewicz LC, Connor WE.
Supplementing lactating women with flaxseed oil does not increase docosahexaenoic acid in their milk.

Freeman VL, Meydani M, Yong S, Pyle J, Durazo-Arvizu R, Liao Y, Flanigan RC, Waters WB.
Assessing the effect of fatty acids on prostate carcinogenesis in humans: does self-reported dietary intake rank prostatic exposure correctly?

French SJ, Conlon CA, Mutuma ST, Arnold M, Read NW, Meijer G, Francis J.
The effects of intestinal infusion of long-chain fatty acids on food intake in humans.

Fukushima T, Hojo N, Isobe A, Gao T, Shiwaku K, Yamane Y.
Food intake, serum lipids and amino acids of school children in agricultural communities in Japan.

Garg A.
Treatment of diabetic dyslipidemia.

Gerster H.
Can adults adequately convert alpha-linolenic acid (18:3n-3) to eicosapentaenoic acid (20:5n-3) and docosahexaenoic acid (22:6n-3)?
Gogos CA, Skoutelis A, Kalfarentzos F.
The effects of lipids on the immune response of patients with cancer.

Guerranti R.
Gli acidi grassi trans: un effetto indesiderato della moderna tecnologia alimentare

Hankard R, Munck A, Navarro J.
Nutrition and growth in cystic fibrosis.

Docosahexaenoic acid provides protection from impairment of learning ability in Alzheimer's disease model rats.

Hayat L, al-Sughayer MA, Afzal M.
Fatty acid composition of human milk in Kuwaiti mothers.

He K, Rimm EB, Merchant A, Rosner BA, Stampfer MJ, Willett WC, Ascherio A.
Fish consumption and risk of stroke in men.

Higashi K, Shige H, Ito T, Nakajima K, Ishikawa T, Nakamura H, Ohsuzu F.
Effect of a low-fat diet enriched with oleic acid on postprandial lipemia in patients with type 2 diabetes mellitus.

Hirsch T, Kempe G.
Consumption of omega-3 and omega-6 fatty acids in former East and West Germany and changes in East Germany after the reunification.

Hojo N, Fukushima T, Isobe A, Gao T, Shiwaku K, Ishida K, Ohta N, Yamane Y.
Effect of serum fatty acid composition on coronary atherosclerosis in Japan.

Hu FB, Bronner L, Willett WC, Stampfer MJ, Rexrode KM, Albert CM, Hunter D, Manson JE.
Fish and omega-3 fatty acid intake and risk of coronary heart disease in women.

Hu FB, Manson JE, Willett WC.
Types of dietary fat and risk of coronary heart disease: a critical review.
Innis SM, Elias SL.
Intakes of essential n-6 and n-3 polyunsaturated fatty acids among pregnant Canadian women.

Innis SM.
The role of dietary n-6 and n-3 fatty acids in the developing brain.
Dev Neurosci. 2000 Sep-Dec;22(5-6):474-80. Review.

I.N.R.A.N – Istituto Nazionale di Ricerca per gli Alimenti e la Nutrizione
Tabelle di composizione degli alimenti – Aggiornamento 2000
Edra - Medical Publishing & New Media

I.N.R.A.N – Istituto Nazionale di Ricerca per gli Alimenti e la Nutrizione
Linee Guida per una Sana Alimentazione Italiana – Ed. 2003

I.N.R.A.N – Istituto Nazionale di Ricerca per gli Alimenti e la Nutrizione
Valori nutrizionali dei grassi del pesce nell’alimentazione umana

I.N.R.A.N – Istituto Nazionale di Ricerca per gli Alimenti e la Nutrizione
Grassi Alimentari

Iso H, Rexrode KM, Stampfer MJ, Manson JE, Colditz GA, Speizer FE, Hennekens CH, Willett WC.
Intake of fish and omega-3 fatty acids and risk of stroke in women.

Jain S, Gaiha M, Bhattacharjee J, Anuradha S.
Effects of low-dose omega-3 fatty acid substitution in type-2 diabetes mellitus with special reference to oxidative stress--a prospective preliminary study.

Jequier E.
Response to and range of acceptable fat intake in adults.

Johansson LR, Solvoll K, Bjorneboe GE, Drevon CA.
Intake of very-long-chain n-3 fatty acids related to social status and lifestyle.

Johnson LK, Hjermann I, Tonstad S.
[Diet and secondary prevention of coronary heart disease--are our recommendations good enough?]

54
Jones S, Ma DW, Robinson FE, Field CJ, Clandinin MT.
Isomers of conjugated linoleic acid (CLA) are incorporated into egg yolk lipids by CLA-fed laying hens.

Changes in hemostasis during treatment of hypertriglyceridemia with a diet rich in monounsaturated and n-3 polyunsaturated fatty acids in comparison with a low-fat diet.

Polyunsaturated fatty acids in maternal diet, breast milk, and serum lipid fatty acids of infants in relation to atopy.

Kelley DS, Taylor PC, Rudolph IL, Benito P, Nelson GJ, Mackey BE, Erickson KL.
Dietary conjugated linoleic acid did not alter immune status in young healthy women.

Kelly ML, Kolver ES, Bauman DE, Van Amburgh ME, Muller LD.
Effect of intake of pasture on concentrations of conjugated linoleic acid in milk of lactating cows.

Kelly ML, Berry JR, Dwyer DA, Grinari JM, Chouinard PY, Van Amburgh ME, Bauman DE.
Dietary fatty acid sources affect conjugated linoleic acid concentrations in milk from lactating dairy cows.

Keysser G.
[Are there effective dietary recommendations for patients with rheumatoid arthritis?]

Low alpha-linolenic acid content of adipose breast tissue is associated with an increased risk of breast cancer.

Koletzko B.
Lipid supply and metabolism in infancy.

Dietary habits affect the susceptibility of low-density lipoprotein to oxidation.
Kutafina EK, Netrebenko OK, Gorelova JU, Levachev MM, Garankina TI.
Clinical application of the polyunsaturated n-3 fatty acids usage in pediatric practice.

Lahoz C, Alonso R, Porres A, Mata P.
[Diets enriched with monounsaturated fatty acids and omega-3 polyunsaturated fatty acids decrease blood pressure without changing the plasma insulin concentration in healthy subjects]

Leaf A.
Diet and sudden cardiac death.

Effect of dietary alpha-linolenic acid on thrombotic risk factors in vegetarian men.

Lipkin M, Reddy B, Newmark H, Lamprecht SA.
Dietary factors in human colorectal cancer.

Moderate intake of n-3 fatty acids for 2 months has no detrimental effect on glucose metabolism and could ameliorate the lipid profile in type 2 diabetic men. Results of a controlled study.

Madsen T, Skou HA, Hansen VE, Fog L, Christensen JH, Toft E, Schmidt EB.
C-reactive protein, dietary n-3 fatty acids, and the extent of coronary artery disease.

Mangels AR, Messina V.
Considerations in planning vegan diets: infants.

Manjari V, Suresh Y, Sailaja Devi MM, Das UN.
Oxidant stress, anti-oxidants and essential fatty acids in South Indian vegetarians and non-vegetarians.

Marchioli R, Schweiger C, Tavazzi L, Valagussa F.
Efficacy of n-3 polyunsaturated fatty acids after myocardial infarction: results of GISSI-Prevenzione trial. Gruppo Italiano per lo Studio della Sopravvivenza nell'Infarto Miocardico.
Marckmann P, Gronbaek M. 
Fish consumption and coronary heart disease mortality. A systematic review of prospective cohort studies. 

Matorras R, Ruiz JI, Perteagudo L, Barbazan MJ, Diaz A, Valladolid A, Sanjurjo P. 
Longitudinal study of fatty acids in plasma and erythrocyte phospholipids during pregnancy. 

Mattei R. 
Manuale di Nutrizione Clinica 

McEntee MF, Whelan J. 
Dietary polyunsaturated fatty acids and colorectal neoplasia. 

Mellis CM. 
Is asthma prevention possible with dietary manipulation? 

Meluzzi A, Sirri F, Manfreda G, Tallarico N, Franchini A. 
Effects of dietary vitamin E on the quality of table eggs enriched with n-3 long-chain fatty acids. 

Messina V, Mangels AR. 
Considerations in planning vegan diets: children. 

Mori TA, Beilin LJ. 
Long-chain omega 3 fatty acids, blood lipids and cardiovascular risk reduction. 

Mori TA, Bao DQ, Burke V, Puddey IB, Watts GF, Beilin LJ. 
Dietary fish as a major component of a weight-loss diet: effect on serum lipids, glucose, and insulin metabolism in overweight hypertensive subjects. 

Mori TA, Bao DQ, Burke V, Puddey IB, Beilin LJ. 
Docosahexaenoic acid but not eicosapentaenoic acid lowers ambulatory blood pressure and heart rate in humans. 

Morris MC, Evans DA, Bienias JL, Tangney CC, Bennett DA, Wilson RS, Aggarwal N, Schneider J. 
Consumption of fish and n-3 fatty acids and risk of incident Alzheimer disease. 


Otto SJ, van Houwelingen AC, Badart-Smook A, Hornstra G. 
Comparison of the peripartum and postpartum phospholipid polyunsaturated fatty acid profiles of lactating and nonlactating women. 

Otto SJ, van Houwelingen AC, Badart-Smook A, Hornstra G. 
Changes in the maternal essential fatty acid profile during early pregnancy and the relation of the profile to diet. 

Pereira C, Li D, Sinclair AJ. 
The alpha-linolenic acid content of green vegetables commonly available in Australia. 

Petridou E, Koussouri M, Toupadaki N, Youroukos S, Papavassiliou A, Pantelakis S, Olsen J, Trichopoulou D. 
Diet during pregnancy and the risk of cerebral palsy. 

Pfeuffer M, Schrezenmeir J. 
Bioactive substances in milk with properties decreasing risk of cardiovascular diseases. 

Ramaswamy N, Baer RJ, Schingoethe DJ, Hippen AR, Kasperson KM, Whitlock LA. 
Short communication: Consumer evaluation of milk high in conjugated linoleic acid. 

Renaud S, Lanzmann-Petithory D. 
Coronary heart disease: dietary links and pathogenesis. 

Renaud SC. 
Diet and stroke. 

Rice HB, Corwin RL. 
Food intake in rats is unaffected by the profile of dietary essential fatty acids. 

Roche HM, Gibney MJ. 
Effect of long-chain n-3 polyunsaturated fatty acids on fasting and postprandial triacylglycerol metabolism. 
Roche HM.  
Unsaturated fatty acids.  

Rocquelin G, Tapsoba S, Dop MC, Mbemba F, Traissac P, Martin-Prevel Y.  
Lipid content and essential fatty acid (EFA) composition of mature Congolese breast milk are influenced by mothers' nutritional status: impact on infants' EFA supply.  

Sakurai T, Matsui T, Yao T, Takagi Y, Hirai F, Aoyagi K, Okada M.  
Short-term efficacy of enteral nutrition in the treatment of active Crohn's disease: a randomized, controlled trial comparing nutrient formulas.  

Salvati S, Attorri L, Avellino C, Di Biase A, Sanchez M.  
Diet, lipids and brain development.  

Sanders TA.  
Essential fatty acid requirements of vegetarians in pregnancy, lactation, and infancy.  

Sauerwald TU, Demmelmaier H, Fidler N, Koletzko B.  
Polyunsaturated fatty acid supply with human milk. Physiological aspects and in vivo studies of metabolism.  

Scheideler SE, Jaroni D, Froning G.  
Strain and age effects on egg composition from hens fed diets rich in n-3 fatty acids.  

Schmuck A, Villet A, Payen N, Alary J, Franco A, Roussel AM.  
Fatty acid nutriture in hospitalized elderly women.  

Sheard NF.  
Fish consumption and risk of sudden cardiac death.  

Simopoulos AP.  
The importance of the ratio of omega-6/omega-3 essential fatty acids.  
Simopoulos AP.
Essential fatty acids in health and chronic disease.

Simopoulos AP.
New products from the agri-food industry: the return of n-3 fatty acids into the food supply.

S.I.N.U. Società Italiana di Nutrizione Umana
LARN - Livelli di assunzione raccomandatidi energia e nutrienti per la popolazione italiana
Revisione 1996 : 63-67

Smith W, Mitchell P, Leeder SR.
Dietary fat and fish intake and age-related maculopathy.

Socha P, Koletzko B, Swiatkowska E, Pawlowska J, Stolarczyk A, Socha J.
Essential fatty acid metabolism in infants with cholestasis.

Solvoll K, Soyland E, Sandstad B, Drevon CA.
Dietary habits among patients with atopic dermatitis.

Steinkamp G, Demmelmair H, Ruhl-Bagheri I, von der Hardt H, Koletzko B.
Energy supplements rich in linoleic acid improve body weight and essential fatty acid status of cystic fibrosis patients.

Taber L, Chiu CH, Whelan J.
Assessment of the arachidonic acid content in foods commonly consumed in the American diet.

Tamizi far B, Tamizi B.
Treatment of chronic fatigue syndrome by dietary supplementation with omega-3 fatty acids--a good idea?

Terry P, Wolk A, Vainio H, Weiderpass E.
Fatty fish consumption lowers the risk of endometrial cancer: a nationwide case-control study in Sweden.
Terry P, Lichtenstein P, Feychting M, Ahlbom A, Wolk A.  
Fatty fish consumption and risk of prostate cancer.  

Effetti dell’ingestione di erba verde sulla composizione in acidi grassi polinsaturi del latte e del formaggio di pecora.

Rationale and study design of dietary intervention in patients polypectomized for tumors of the colorectum.  

Tracy RP.  
Diet and hemostatic factors.  

Tsuge H, Hotta N, Hayakawa T.  
Effects of vitamin B-6 on (n-3) polyunsaturated fatty acid metabolism.  

Uauy R, Mena P, Valenzuela A.  
Essential fatty acids as determinants of lipid requirements in infants, children and adults.  

Von Schacky C.  
[Omega-3-fatty acids, Mediterranean cooking, low-fat diet. What really prevents myocardial infarct?]  

Voorrips LE, Brants HA, Kardinaal AF, Hiddink GJ, van den Brandt PA, Goldbohm RA.  
Intake of conjugated linoleic acid, fat, and other fatty acids in relation to postmenopausal breast cancer: the Netherlands Cohort Study on Diet and Cancer.  

Ward AT, Wittenberg KM, Froebe HM, Przybylski R, Malcolmson L.  
Fresh forage and solin supplementation on conjugated linoleic acid levels in plasma and milk.  

Ward AT, Wittenberg KM, Przybylski R.  
Bovine milk fatty acid profiles produced by feeding diets containing solin, flax and canola.  

Winklhofer-Roob BM.
Cystic fibrosis: nutritional status and micronutrients.

Xiang M, Lei S, Li T, Zetterstrom R.
Composition of long chain polyunsaturated fatty acids in human milk and growth of young infants in rural areas of northern China.

Glucose transport and utilization are altered in the brain of rats deficient in n-3 polyunsaturated fatty acids.

Atherosclerosis and omega-3 fatty acids in the populations of a fishing village and a farming village in Japan.

Yehuda S, Rabinovitz S, Mostofsky DI.
Essential fatty acids and sleep: mini-review and hypothesis.

Yep YL, Li D, Mann NJ, Bode O, Sinclair AJ.
Bread enriched with microencapsulated tuna oil increases plasma docosahexaenoic acid and total omega-3 fatty acids in humans.

Yuan JM, Ross RK, Gao YT, Yu MC.
Fish and shellfish consumption in relation to death from myocardial infarction among men in Shanghai, China.
Am J Epidemiol. 2001 Nov 1;154(9):809-16.