

Plasma phospholipid fatty acid composition as a biomarker of habitual dietary fat intake in an ethnically diverse cohort

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Key Words:

Greek, Italian, diet, fatty acids

Research aim:

As an evaluation of fatty acid intake measurement, our aim was to examine associations between diet and plasma phospholipid (PL) fatty acids, and whether these were modified by age, sex, country of birth, fasting status, use of cholesterol-lowering medication, body size, chronic disease and other lifestyle factors.

Results/Conclusion:

The associations did not vary significantly by fasting status, use of lipid lowering medication or alcohol intake, but for some fatty acids did vary by sex, age, body mass index, country of birth, smoking and previous heart attack or diabetes.

Implications:

Cultural Group(s):

Australia, Greek, Italian

Location of study:

Age group:

40-69

Number included in study:

4,439

Type of participants:

men and women aged 40-69 born in Australia, Greece or Italy

Research approach:

Quantitative

Type of data:

Primary

Secondary data sources used:

Specific scales or analytical techniques used:

Implications/ Recommendations:

Notes: