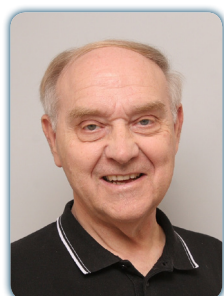


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Feeding lactating women and composition of breast milk of interest Mediterranean diet

Background & Aim: The Mediterranean Diet (RM) was likened to olive oil consumption which contains no α -Linolenic Acid (ALA) precursor of DHA (docosahexaenoic acid) and only brings the precursor of the line n-6 Linoleic Acid (LA). The latest recommendations are designed to increase intakes of Polyunsaturated Fatty Acids (PUFA) n-3, especially DHA, which with Arachidonic Acid (ARA) are essential to the neurosensory development of the newborn. The study aims to evaluate the effect of RM made of olive oil and 2/week fatty fish (mackerel 170 gr) on composition of breast milk lipids, in 80 lactating women for 15 days and for 30 days in a sub-group of 22 patients.

Method: Prospective, nutrition intervention, multi centric study. The Human Milk (HM) fatty acid (mature HM: 1-3 months nursing, taken in the morning between 8-10 hours) was determined by transesterification direct and analyzed by GC-FID and compared by ANOVA. Dietary surveyed were analyzed by the BILNUT software.

Result: From D15 RM, the rate of ALA is significantly decreased (0.96% to 0.75% of total Fatty Acids (FA)); the DHA significantly increased by 66% (from 0.29 to 0.44% FA), while ARA remains stable (0.36% FA). The surveys of food show that, feeding our population is normal-caloric, normal protein intake, high fat and slightly hypo-carbohydrate. Similarly, there is a low intake of water, calcium, iron, magnesium, zinc and vitamin A, D, E, foliate, B5 and B6.

Conclusion: This study emphasizes the importance of consuming oily fish 2/week. This is not oil olive (which does not contain ALA, DHA precursor) that increases the DHA milk, but the consumption of two times week of mackerel (500 mg/day of DHA).

Biography

Claude Billeaud has completed his MD degree from the Medical University of Bordeaux, France. He has been the Clinical Assistant Director of Bordeaux University in the Departments of Pediatrics, Neonatology and Intensive Care since 1983. He currently serves as a Pediatrician in the Neonatal Unit at the Children's Hospital of Bordeaux, as a Scientific Manager of Bordeaux-Marmande Human Milk Bank, as a Lecturer and Head of Research in Neonatal Nutrition at the Medical University of Bordeaux. He has served as the President of the Association for Pediatric Education in Europe and he is a Member of European Academy of Pediatrics. He is currently carrying out several researches on the composition of human milk. As an expert in nutrition and perinatal medicine, he is also the author and co-author of numerous scientific publications.

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