

Lipid Nutrients and Prevention of Metabolic Diseases

Diet can have a considerable influence on health. More mono-unsaturated and n-3 poly-unsaturated fatty acids and foods rich in micronutrients (vitamins, carotenoids, polyphenols, phytosterols) are recommended in a cautious diet. The functions of these micronutrients are currently being re-examined using modern molecular biology facilities. However, their potentially beneficial effects depend above all on their bio-availability. This is related to consumption of course but also to the effectiveness of intake.

The research performed by the unit hinges on three main axes:

- the molecular mechanisms related to the bio-availability of lipophilic nutrients,
- inflammation and lipid metabolism, the effects of lipophilic micronutrients,
- nutrigenetics, cardio-vascular risk markers and recommendations.

Unité Mixte de Recherche en Nutriments Lipidiques et Prévention des Maladies Métaboliques

Tél : 33(0)4 91 29 40 90 27- Fax : 33(0)4 91 78 21 01

INRA / Faculté de médecine de la Timone / 27 boulevard Jean Moulin Marseille cedex 5