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Original Article

Ratio of Omega-6 to Omega-3 Fatty Acids and Childhood Asthma

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Abstract

Asthma is a leading cause of morbidity for children and is a major public health problem

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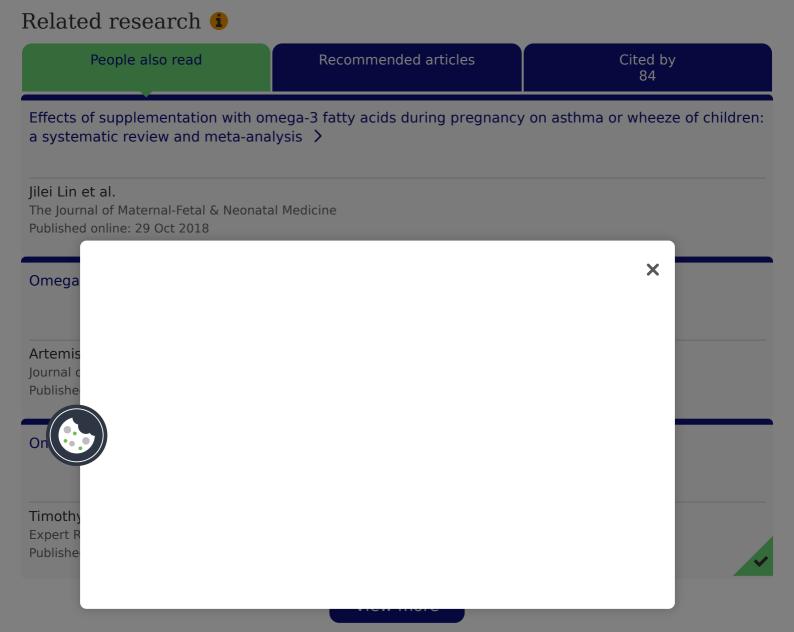
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child's current age in months, body mass index, total energy intake, and antioxidant intake (vitamins A, C, E, and zinc). Results: A response rate of 83% was achieved by providing complete data from 335 children [49% cases with current asthma (n=166), 51% controls (n=169)]. Following adjustment for covariates the association between the ratio of n-6:n-3 fatty acids and risk for current asthma was statistically significant (p=0.022). Conclusion: We found evidence for a modulatory effect of the dietary n-6:n-3 fatty acid ratio on the presence of asthma in children. Our results provide evidence that promotion of a diet with increased n-3 fatty acids and reduced n-6 fatty acids to protect children against symptoms of asthma is warranted.

Asthma Children Omega 3:omega 6 fatty acid ratio



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