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

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Asthma alth problem in Austra have a role in recent this study was to ir of omega 6 (n-6) Australian Pregn a nested case-cor ldren were identifie ols with no asthma take data were col re 8 years old. Logi cases and controls astfeeding,

older siblings, maternal smoking during pregnancy, maternal age, maternal asthma, 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