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Showcasing research from Professor Jing Li's laboratory, State Key Laboratory of Food Science and Technology, Nanchang University, Nanchang, China.

1-Oleate-2-palmitate-3-linoleate glycerol improves lipid metabolism and gut microbiota and decreases the level of pro-inflammatory cytokines

Numerous studies have shown that 1-oleate-2-palmitate-3-linoleate (OPL) is the most abundant TAG in Chinese human milk, which is significantly different from human milk from other countries, where 1, 3-oleate-2-palmitate (OPO) is the most abundant TAG. Current research therefore discussed nutritional outcomes of diets supplemented with OPL. Results After supplementation with OPL for 30 days, high OPL diet (HOPL) improved the mice's liver lipid parameters and level of inflammatory factors relative to low OPL diet (LOPL). Mechanistically, mice supplemented with OPL dramatically altered body lipid metabolism concurrent with enrichment of specific probiotics.

As featured in:



See Jing Li *et al.*, *Food Funct.*, 2023, 14, 5949.