

Effect of habitual diet on platelet phospholipid polyunsaturated fatty acids

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Dietary arachidonic acid (AA) can increase platelet AA level, leading to increased production of thromboxane A₂ (TXA₂), a known vasoconstrictor and a potent initiator of platelet aggregation. Omega-3 polyunsaturated fatty acids (PUFA), particularly eicosapentaenoic acid (EPA) have beneficial effects in the area of thrombosis, by reducing platelet AA levels and producing an alternative form of thromboxane (TXA₂), which is relatively inactive in aggregation.