

The fatty acids and relationship with health [Los ácidos grasos dietarios y su relación con la salud]

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The functionality of the eukaryotic cell depends on the cell membrane, the genetic information and action of different organelles with or without the presence of membranes. The functionality of the cell membrane and organelles containing it depends primarily on the type and location of fatty acids in the phospholipids and the type of enzymes associated with them, this allows the fatty acids to be metabolized to new species that exert various functions. From this perspective, some essential fatty acids (EFAs) that produce metabolites that exert health benefits are identified, (for example antiinflammatory, neuroprotection, etc) and exert negative effects metabolites (eg inflammation, necrosis promoters, atheroma, etc.) are also generated. In general, these adverse or beneficial effects depend on the ratio of omega-6/omega-3 obtained in the diet. Thus, the higher this ratio is more negative effect; therefore the challenge of the current supply is obtained through food consumption, lower ratios in these fatty acids. The present review aims to present recent evidence on the effects of some AGEs, and the role of diet in maintaining health. © 2015 Grupo Aula Medica S.A. All rights reserved.

Alpha linolenic acid

Essential fatty acids

Linoleic acid

Omega-3

Omega-6

fatty acid

omega 3 fatty acid

omega 6 fatty acid

diet

health status

human

lipid metabolism

metabolism

Diet

Fatty Acids

Fatty Acids, Omega-3

Fatty Acids, Omega-6

Health Status

Humans

Lipid Metabolism