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Effect of complementary food with small amounts of freshwater fish on whole blood n-3 fatty acids in Cambodian infants age 6-15 months

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HIGHLIGHTS

- Small amounts of freshwater fish had no impact on infants' n-3 LCPUFA status
- Fish-based foods reduced n-6 PUFA and n-6/n-3 PUFA ratio in non-breastfed infants
- Late cessation of breastfeeding positively correlated with infants' n-3 LCPUFA
- Cambodian infants' FA status was better compared to children in developed high-income countries

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