EFFECT OF USING EXTRUDED LINSEED ON COLOSTRUM PRODUCTION, COMPOSITION, SOME BLOOD PARAMETERS AND OVERALL HEALTH IN HOLSTEIN DAIRY COWS

*Mina Mohammadi¹, Mehdi Babaei¹, Ahmadreza Zare Shahneh² and Amir Hossein Adeljo¹

¹Department of Animal Science, Faculty of Agriculture, Shahrekord Branch, Islamic Azad University, Shahrekord, Iran ²Department of Animal Science, Faculty of Agriculture, University of Tehran, Tehran, Iran

Department of Animal Science, Faculty of Agriculture, University of Tehran, Tehran, Ir *Author for Correspondence

ABSTRACT

This study was for investigating to the effect of dietary supplementation of extruded linseed on colostrum production, colostrum composition and some blood parameters of Holstein calves. The Average of lactation period of 20 transition cows was same. They were divided in two groups. First group was control and the second group was treatment. Diets were designed have similar composition of protein and energy. Experimental diet was including based diet in addition of 500 g/kg DM extruded linseed per head and control diet group was including based diet without extruded linseed. After calving each cow colostrum samples were obtained, also blood samples were gathering in day of birth (d 0), 7 and 14 days after birth. Data were analyzed by GLM proc. Data showed that the colostrum production was higher in treatment group (6.85L) than control group (5.66L), Fat, Lactose, protein and SNF were greater in control group, and also SCC was greater in control group due to mastitis. Cows fed extruded linseed had difference results in blood parameters, but there was not any significant between blood parameters in groups. Vitamin A (Vit A) was greater in d 0 (4.12 mg/dl) and d 7 (9.21mg/dl) after birth, Vit E was greater on d 7 (0.82 mg/dl), and Vit D was higher just in day of birth (33.2 mg/dl) in treatment group. Cows fed extruded linseed had higher IgM than IgG. Also IgG was higher in d 0 (8.57 g/ml) and d 7 (9.20 g/ml) after birth and IgG was greater in d 14 (9.78 g/ml). Result of this study showed that using of extruded linseed could affect on colostrum production, composition, some blood parameters and overall health in Holstein dairy cows.

Keywords: Extruded Linseed, Dairy Cow, Colostrum, Vitamins, Immunoglobulin

INTRODUCION

It is well recognized that calves are highly susceptible to microorganisms and subsequently death, a response that may reflect deficiencies in both innate and adaptive immune responses (Roy, 1990). The high mortality rate of calves was due to the high incidence and poor survival of septicemia calves (Lofstedt et al., 1999). Colostrum is essential material for calves due to have protein, lactose, fat, vitamins (A, B, D, E), and minerals, IgG, IgM and IgA (Halliday et al., 1978; Butler, 1983). Scientist had found that in the new born calves the absorption of colostrum immunoglobulin were influenced by the two major factors ; the age of calf when it receives its first feed of colostrum and the amount of immunoglobulin presented to the calf (Kruse, 1970; Selman, 1973). The efficiency of absorption appears to be maximal shortly after birth and declines steadily thereafter with cessation of absorption occurring at about 20 hours postpartum (Selman, 1973). However in some calves this closure can occur as early as 12 hours postpartum (Stott et al., 1979). The quantity of immunoglobulins presented to the newborn calf is dependent on the volume of colostrums offered and the immunoglobulin concentration of that colostrum. Calves with low serum concentrations of absorbed colostral immunoglobulins are very susceptible to infectious disease (Fer, 1971; McGutre et al., 1976; Naylor et al., 1977). Linseed is an excellent source of α- linolenic acid (18:3 n-3), a member of the n-3 (omega-3) fatty acids (FA), (Sinclair et al., 2002). The oil fraction of flax seed is approximately 0.55 omega-3a-linolenicacid (Mustafa et al., 2002). Omega-3 fatty acids are known to be able to decrease the risks of cardiovascular diseases, hypertension and arthritis as well as having important impacts on the development of the nervous system (Parodi, 1997; Sinclair et Cibtech Journal of Zoology ISSN: 2319–3883 (Online) An Open Access, Online International Journal Available at http://www.cibtech.org/cjz.htm 2014 Vol. 3 (3) September-December, pp.93-99/Mohammadi et al.

Research Article

al., 2002) and it is essential fatty acid (FA) that is not synthesized in humans (Petit and Cortes, 2010). Flaxseed is also known to increase concentrations of PUFA in milk, but usually they do not exceed 3 to 4% of total fatty acids (Kennelly, 1996). Feeding flax seed generally results in the lowest omega-6 to omega-3F A ratio in milk fat (Petit, 2002), which may improve milk FA profiles and result in better human health. In general, untreated whole flaxseed is readily eaten by dairy cows, and feeding up to150g/kg DM as flaxseed had no effect on dry matter intake of early (Petit, 2002) and late lactation (Martin *et al.*, 2008) dairy cows. Feeding flaxseed in the diet could contribute to increased milk production protein and ALA concentrations in milk by dairy cows (Petit, *et al.*, 2001; DaSilva *et al.*, 2007). Linseed and extruded linseed have positive influences on dairy cows, but no study about effect of extruded linseed on other functional immune responses and overall health in calves, so this study was investigated the effects of using extruded linseed on colostrum production, composition, some blood parameters and overall health in Holstein dairy cows.

MATERIAL AND METHODS

Cows, Diets and Experimental Design

The experiment was conducted at the dairy farm from October to December 2012 in Esfahan-Iran. Cows were housed in tie stalls and fed individually. We randomly selected 20 multi parous Holstein cows during the dry period (initial body weight (BW): 600 ± 5 Kg). Cows were blocked for similar expected calving dates and randomly allotted to either a control diet (no extruded linseed) or an experimental diet containing extruded linseed. Diets were designed to have similar concentration of crude protein (CP), ether extract (EE) and net energy for lactation (NE_L). Diets were designed to have similar concentration of crude protein (CP), ether extract (EE) and net energy for lactation (NE_L) as shown on (Table 1). Cows were fed twice daily at 07:00 and 15:00 h.

Ingredients, (% DM)	Experimental diet	Control diet
Alfalfa hay (chopped)	2.70	2.70
Corn silage	4.40	4.40
Barley grain	1.76	1.76
Corn grain	1.32	1.32
Fish meal	0.27	0.27
Soybean meal	0.81	0.81
Canola meal	0.36	0.36
Cotton seed	0.27	0.65
Extruded linseed	0.44	0
Megalac	0	0.07
Magnesium oxide	0.04	0.04
Calcium carbonate	0.17	0.17
Dicalsium phosphate	0.06	0.06
Magnesium sulfate	0.10	0.10
Ammonium chloride	0.07	0.07
Vitamin and Mineral premix	0.20	0.20
Chemical composition $(g/kg DM)^1$	12.97	12.98
Ср	15.64	15.61
NE _L , ² Mcal/kg	1.52	1.51
NDF,	36.48	37.64
PeNDF	27.30	28.41
Crude protein	15.64	15.61

	Table 1: Ingredients and cl	hemical composition	of the experimental	diets fed to dairy cows
--	-----------------------------	---------------------	---------------------	-------------------------

¹ Concentrate mixtures were calculated using the chemical analyses provided in NRC (2001).

² Calculated using published values of feed ingredient NRC (2001).

© Copyright 2014 / Centre for Info Bio Technology (CIBTech)

Research Article

Treatment group cows received 500 g/kg DM extruded linseed daily from 21days before calving until calving. New born calves received colostrum until 3 days and after that they received starter diet.

Sample Collection and Analyzes

After calving, colostrum production determined by special pails (kg) and after that colostrum samples were obtained for determine colostrum composition. Colostrums compositions analyzed separately in veterinary laboratory in the farm to determine fat, somatic cell count (SCC), lactose, protein and solids non fat (SNF) by Combifoss system. Combifoss TM combines the proven technology of Fossomatic TM FC and MilkoScanTM. Fossomatic FC is based on the flowcytometry technology. This technique is based on counting and characterizing particles and cells. MilkoScanTM FT+ is based on Fourier Transform Infrared (FTIR). It works with the mid-infrared region of the spectrum from 3-10 µm corresponding to 1000-5000 cm (Combifoss TM FT+; Foss Electric, Hillerod, Denmark). Blood samples were collected from all calves one hour after birth, 7 and 14 days after birth. Blood samples were withdrawn from the jugular vein into Vacutainer tubes containing EDTA. Immediately after obtaining plasma samples, they analyzed separately to determine blood parameters in veterinary laboratory in the farm for determine vitamin A, vitamin D and vitamin E (lot; 20323, ids, CA, USA), and also immunoglobulin M and immunoglobulin G by ELISA method. Calves were weighted one hour after birth and in all of period of experiment they controlled daily to determine level of overall health of them and their with stand in diseases. All information about overall health of calves was recorded separately in center of statistics and information (SI) in the farm during the experiment.

Data Analysis

Data were collected and analyzed using the general linear model procedure of SAS (2001). Differences between means were analyzed by Duncan's multiple ranges test and P value less than 0.05 was considered as significant.

RESULT AND DISCUSSION

Colostrum Composition and Production

There were not any significant between parameters of colostrums. Cows fed extruded linseed had higher colostrum production than those fed based diet without extruded linseed, but they had lower fat percentage than control group. Protein, lactose and SNF concentration were higher in control group. SCC was also greater in control group due to mastitis in that group.

Item	Treatment *	Control **	SEM	P-value
Colostrum yield (kg)	6.86	6.21	1.18	0.71
Fat concentration (%)	1.54	1.58	0.30	0.92
Protein concentration (%)	5.40	6.31	0.55	0.25
Lactose concentration (%)	1.14	1.26	0.40	0.84
SCC (n/dl)	568	1478.5	614.50	0.30
SNF (%)	7.73	8.64	0.75	0.40

Table 2: Effect of extruded linseed	on colostrum co	mposition and j	production	(P<0.05)

* Treatment group with based diet in addition of extruded linseed. ** Control group with based diet without extruded linseed.

In contrast, supplementation of linseed oil decreased milk yield of dairy cows (Brown *et al.*, 2008; Martin *et al.*, 2008). Indeed, the decrease in milk production reported in some previous studies was associated with a depression in DMI and diet digestibility due to disturbances in rumen function caused by a high level of LSO intake (i.e., >5% of DMI). Discrepancies among studies on effect of linseed supplementation on milk yield of dairy cows might be due to the form of oil, added level, and different duration of the experiment. Benchaar *et al.*, (2012) show that linseed oil can be safely supplemented up to 4% in forage-based diets of dairy cows to enrich milk with potential health beneficial FA (i.e., n-3 FA) without causing any detrimental effects on rumen function, digestion, and milk production. They showed

Cibtech Journal of Zoology ISSN: 2319–3883 (Online) An Open Access, Online International Journal Available at http://www.cibtech.org/cjz.htm 2014 Vol. 3 (3) September-December, pp.93-99/Mohammadi et al.

Research Article

that feeding increasing levels of line seed oil linearly decreased milk fat content of short- and mediumchain FA (8:0 to 16:0), and increased the proportion of most 18 car-bon FA in milk fat. These effects are consistent with the reduction in de novo FA synthesis due to feeding unsaturated oils, which occurs as a result of greater uptake and secretion of dietary or ruminally derived FA (Palmquist et al., 1993). Eddie et al., (2004) concluded that the fatty acid composition of milk can be manipulated by dietary means to increase the potentially beneficial supply of α -linolenic and conjugated linoleic acids, and total MUFAs and PUFAs to the human diet. Fatty acids which are potentially harmful to human health including, myristic and palmitic acids, can also be concomitantly reduced. Although substantial amounts of dietary α -linolenic acid can be incorporated into milk from protected linseed sources. Benchaar et al., (2012) showed that Milk fat content was not affected by line seed oil supplementation, whereas milk protein content decreased linearly with increasing amounts of line seed oil in the diet. Santschi et al., (2008) showed that the type of fat supplement consumed had no effect on the quantity of milk produced, nor its composition or yields of its main constituents. They also showed that proportions of short chain FA in milk were not affected by treatment, both in colostrum and milk, whereas medium chain FA were higher in colostrum of cows from the palm oil and line seed oil groups. Petit and Benchaar (2007) used transition cows to compare fat supplements based on whole linseed, a commercial product containing mainly palmitic and oleic acids, and micronized soybeans, and found no treatment effect on either milk composition or production.

Blood Parameters

From day of birth to 14 days after birth increased Vit A in treatment and control group that this increase was greater on d 0 and d 7 in treatment group and on d 14 in control group. Vit E percentage was higher on d 0 and 14 days after birth in control group than treatment group, and also increased Vit E on d 7 in treatment group than control group. Cows fed extruded linseed had higher Vit D on d 0 than control group and it was higher on d 7 and d 14 in control group than treatment group. Cows fed extruded linseed had higher Vit D on d 0 than control group and it was higher on d 7 and d 14 in control group than treatment group. Cows fed extruded linseed had higher IgM than IgG. IgG proportions was higher on d 0 and d 7 in control group and IgM proportions was higher in d 0 and 7 days after birth in treatment group.

	Treat	ment [*] (day)	Contro	ol ** (day)		SEM			P-val	ue	
Blood	0	7	14	0	7	14	0	7	14	0	7	14
Parameters												
Vit A	4.12	9.21	10.27	4.02	8.56	10.46	0.76	0.92	1.48	0.93	0.62	0.93
Vit E	0.58	0.82	0.57	0.63	0.66	0.66	0.13	0.13	0.11	0.78	0.39	0.57
Vit D	33.2	30.77	31.55	31.72	34.03	44.06	2.85	3.74	6.18	0.71	0.54	0.17
IgG	8.57	9.20	9.78	8.91	9.40	9.63	0.50	0.31	0.31	0.37	0.65	0.72
IgM	1.89	1.80	1.80	1.67	1.77	1.95	0.11	0.08	0.13	0.17	0.84	0.41

Table 3: Effect of extruded linseed on blood parameters (P< 0.05)</th>

* Treatment group with based diet in addition of extruded linseed. ** Control group with based diet without extruded linseed.

5% soybean oil in dietary intake of colostrum produced by Hangtal (2008) was also observed. According to studies Allredetal (2006) who reported that supplementation with fatty acids are polyunsaturated fats like soybean oil had no adverse effect on milk production. Linseed reported no effect on milk fat percentage but decreased milk protein. Akraim (2007) showed that that cows fed Linseed had lower milk fat and milk protein. Feeding, Linseed or polyunsaturated fats in dairy calves from birth to 4 weeks before the expected delivery of specified fat in colostrum fat nutrient source is created. By preliminary report kosmeljetal (2001) showed that the effect of nutritional supplementation in reducing the number of somatic cells in goat sector α -Linoleic acid feeding period it is effective.

Cibtech Journal of Zoology ISSN: 2319–3883 (Online) An Open Access, Online International Journal Available at http://www.cibtech.org/cjz.htm 2014 Vol. 3 (3) September-December, pp.93-99/Mohammadi et al. **Research Article**

Tuble 4. Ditti weight of new born curves was greater in treatment group						
Item	Treatment	Control	SEM	p-value		
birth weight (kg)	38.74	37.68	2.13	0.73		
Weigh cut Milk (kg)	95.00 ^b	108.10 ^a	3.27	0.01		
Age cut milk (day)	88.70	88.00	1.11	0.67		

T 11 4 D! (1				
Table 4: Birth	weight of new	born calves was	s greater in treatme	nt graun
I ubic ii bii ui	weight of hew	born curves mus	Si cutti in ti cutino.	nt Stoup

Fatty acids, lactose and non fat solid of colostrum hadn't any influence by extruded linseed, cows fed base diet without extruded linseed had higher level of solid non fat than cows fed extruded linseed. Somatic cell count were higher in cows fed ration without extruded linseed than other group, but there was not any significant between them (p>0.05). Calf body weight in time of the birth were higher in cows fed base diet with extruded linseed than cows fed base diet without extruded linseed. Proteins were greater in colostrum of cows fed ration without extruded linseed, but there was not any significant between them (p>0.05). Vitamin A was greater in serum of cows fed ration including extruded linseed than cows fed base diet without extruded linseed, but there was not any significant between them (p>0.05). Vitamin D was greater just in day of birth, but there was not any significant between them (p>0.05). Cows fed extruded linseed had higher Ig M than IgG. Immunoglobulin M was higher in d 0 (8.57 g/ml) and d 7 (9.20 g/ml) after birth and IgG was greater in d 14 (9.78 g/ml). Learch et al., (2012) showed that the effects of oilseed supplementation depended on oilseed nature (rapeseed or linseed) and form (extruded seeds, cold- pressed fat-rich meal, or whole unprocessed seeds) in interaction with the type of basal diet (grass silage and hay or pasture) and the concentrate composition and percentage in the ration. Bork et al., (2010) showed that feeding flaxseed at 0.85 kg/cow per day (DM basis) altered the fatty acid profile of milk, but milk yield, milk com-position, and reproductive performance of dairy cows were not affected. Larsen et al., (2012) concluded that up to 6.8% of oilseed supplementation can be fed without production problems and, in many cases, with positive production responses, including an improved milk fatty acid profile. Suksombat et al., (2014) indicated that supplementation of whole linseed to lactating dairy cows had no effect on milk yield and milk composition.

Conclusion

Findings of the present study indicate that using extruded linseed could affect on colostrum production, composition blood parameters and overall health on Holstein dairy cows. We observed that vitamin A was greater in serum of cows that fed with extruded linseed than cows fed base diet. We found that vitamin D was greater just in day of birth. Also we found that cows fed extruded linseed had higher Ig M than IgG and Ig M was higher in d 0 after birth. Further studies are needed to explore and more detail explanation.

ACKNOWLEDGMENT

The authors sincerely acknowledge for the partially helps provided by the Mr. Yaser Rahimian, Islamic Azad university Shahrekord branch Mr. Hooshang Fateh and Mr. Mahmood Alaiee the managers of Isfahan milk dairy farm.

REFERENCES

Benchaar C, Romero-Pérez GA, Chouinard PY, Hassanat F, Eugene M, Petit HV and Côrtes C (2012). Supplementation of increasing amounts of linseed oil to dairy cows fed total mixed rations: Effects on digestion, ruminal fermentation characteristics, protozoal populations, and milk fatty acid composition. *Journal of Dairy Science* **95** 4578–4590.

Bork NR, Schroeder JW, Lardy GP, Vonnahme KA, Bauer ML, Buchanan DS, Shaver RD and Fricke PM (2010). Effect of feeding rolled flaxseed on milk fatty acid profiles and reproductive performance of dairy cows. *Journal of Animal Science* **88** 3739-3748.

Brown W, AbuGhazaleh AA and Ibrahim SA (2008). Milk conjugated linoleic acid response to fish oil and linseed oil supplementation of grazing dairy cows. *Asian-Australasian Journal of Animal Sciences* **21** 663–670.

Cibtech Journal of Zoology ISSN: 2319–3883 (Online) An Open Access, Online International Journal Available at http://www.cibtech.org/cjz.htm 2014 Vol. 3 (3) September-December, pp.93-99/Mohammadi et al. **Research Article**

Butler JE (1983). Bovine immunoglobulins: an augmented review. *Veterinary Immunology and Immunopathology* 4(2) 43-152.

DaSilva DC, Santos GTD, Branco AF, Damasceno JC, Kazama R, Matsushita M, Horst JA, DosSantos WBR and Petit HV (2007). Production performance and milk composition of dairy cows fed whole or ground flaxseed with or without monensin. *Journal of Dairy Science* **90**(6) 2928–2936.

Eddie Deavillea R, Ian Givensa D and Jonathan Blake S (2004). Dietary supplements of whole linseed and vitamin E to increase levels of ${\bar S}$ -linolenic acid and vitamin E in bovine milk. *Animal Research* 53 3-12.

Fey H (1971). Immunology of the newborn calf: its relationship to colisepticaemia. *Annals of the New York Academy of Sciences* 176 49-63.

Halliday R, Russel AJ, Williams MR and Peart JN (1978). Effects of energy intake during late pregnancy and of genotype on immunoglobulin transfer to calves in suckler herds. *Research in Veterinary Science* 24(1) 26-31.

Kennelly JJ (1996). The fatty acid composition of milk as influenced by feeding oil seeds. *Animal Feed Science and Technology* **60**(4) 137–152.

Kruse V 1970. Absorption of immunoglobulin from colostrum in newborn calves. *Animal Production* **12**(4) 627-638.

Larsen MK, Hymøller L, Brask-Pedersen DB and Weisbjerg MR (2012). Milk fatty acid composition and production performance of Danish Holstein and Danish Jersey cows fed different amounts of linseed and rapeseed. *Journal of Dairy Science* **95**(7) 3569-3578.

Lerch S, Ferlay A, Pomiès D, Martin B, Pires JA and Chilliard Y (2012). Rapeseed or linseed supplements in grass-based diets: effects on dairy performance of Holstein cows over 2 consecutive lactations. *Journal of Dairy Science* **95**(4) 1956-70.

Lofstedt J, Dohoo IR and Duizer G (1999). Model to predict septicemia in diarrheic calves. *Journal of Veterinary Internal Medicine* **13**(2) 81–88.

Martin C, Rouel J, Jouany JP, Doreau M and Chilliard Y (2008). Methane output and diet digestibility in response to feeding dairy cow's crude linseed, extruded linseed, or linseed oil. *Journal of Animal Science* 86 2642–2650.

Massaro M, Carluccio MA and DeCaterina R (1999). Direct vascular antiatherogenic effects of oleic acid: a clue to the cardioprotective effects of the Mediterranean diet. *Cardiologia (Rome, Italy)* 44(6) 507–513.

Mcguire TC, Pfeiffer NE, Weikel JM and Bartsch RC (1976). Failure of colostral immunoglobulin transfer in calves dying from infectious disease. *Journal of the American Veterinary Medical Association* 169(7) 713-718.

Mustafa AF, Mckinnon JJ, Christensen DA and He T (2002). Effects of micronization of flax seed on nutrient disappearance in the gastrointestinal tract of steers. *Animal Feed Science Technology* **95**(4) 123–132.

Naylor JM, Kronfeld DS, Bech-Nielsen S and Bartholomew RC (1977). Plasma total protein measurement for prediction of disease and mortality in calves. *Journal of the American Veterinary Medical Association* 171(7) 635-638.

Palmquist DL, Beaulieu AD and Barbano DM (1993). Feed and animal factors influencing milk fat composition. *Journal of Dairy Science* 76 1753–1771.

Parodi PW (1997). Cow's milk fat components as potential anti-carcinogenic agents. *Journal of Nutrition* **127**(6) 1055–1060.

Petit HV (2002). Digestion, milk production, milk composition, and blood composition of dairy cows fed whole flax seed. *Journal of Dairy Science* **85**(6) 1482–1490.

Petit HV and Benchaar C (2007). Milk production, milk composition, blood composition, and conception rate of transition dairy cows fed different profiles of fatty acids. *Canadian Journal of Animal Science* 87 591-600.

Cibtech Journal of Zoology ISSN: 2319–3883 (Online) An Open Access, Online International Journal Available at http://www.cibtech.org/cjz.htm 2014 Vol. 3 (3) September-December, pp.93-99/Mohammadi et al.

Research Article

Petit HV and Cortes C (2010). Milk production and composition, milk fatty acids profile, and blood composition of dairy cows fed whole or ground flaxseed in the first half of lactation. *Journal of Animal Feed Science and Technology* **158**(2) 36-43.

Petit HV, Dewhurst RJ, Proulx JG, Khalid M, Haresign W and Twagiramungu H (2001). Milk production, milk composition, and reproductive function of dairy cows fed different fats. *Canadian Journal of Animal Science* **81**(2) 263-271.

Roy JHB (1990). *The Calf*, 5th edition, (Butter worths, Landon, UK).

Santschi DE, Wettstein HR, Leiber F, Witschi AKM and Kreuze M (2008). Colostrum and milk fatty acids of dairy cows as influenced by extruded linseed supplementation during the transition period. *Canadian Journal of Animal Science* **5** 143-161.

SAS Institute (2002). User's Guide Statistics (SAS Institute Inc., Cary, NC).

Selman IE (1973). The absorption of colostral globulins by newborn calves. *Annales de Recherches Vétérinaires* 4 213-221.

Sinclair AJ, Attar-Bashi NM and Li D (2002). What is the role of a-linolenic acid for mammals? *Lipids* 37(12) 1113_1123.

Stott GH, Marx DB, Menefee BE and Nightengale GT (1979). Colostral immunoglobulin transfer in calves. 1. Period of absorption. *Journal of Dairy Science* 62(10) 1632-1638.

Suksombat W, Thanh LP, Meeprom Ch and Mirattanaphrai R (2014). Effects of linseed oil or whole linseed supplementation on performance and milk fatty acid composition of lactating dairy cows. *Asian-Australasian Journal of Animal Sciences* 27(7) 951-959.

Wright T, McBride B and Holub B (1998). Docosahexaenoic acid-enriched milk. World Review of Nutrition and Dietetics 83 160-165.