

## **Phospholipid Species and Minor Sterols in Human Milks**

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The purpose of the study was to characterize the phospholipid and sterol composition of four French breast milk samples with an aim to highlight molecular lipid species of possible nutritional significance for infants. Main PL species were phosphatidylethanolamine, phosphatidylcholine and sphingomyelin. PE contained more arachidonic acid and DHA than some other PL species ( $P < 0.01$ ). Many different minor bioactive sterols were detected in the polar lipids of human milk, e.g., lathosterol, lanosterol, desmosterol, stigmasterol and beta-sitosterol. The metabolic significance and health impact of such lipid consumption by the infant should thus be explored.