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Palm Oil and Human Breast Milk: Fat Distribution and Cholesterol Content

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As palm oil is naturally high in palmitic acid, there is often the tendency to associate it with cardiovascular diseases (CVDs). On the other hand, human breast milk which shares similar fatty acid composition with palm oil is regarded as an impeccable food for babies. This irony becomes more glaring when we consider the high sn-2 palmitic acid in human breast milk which enhances its absorption into the blood stream (about 3.7 times than that in palm oil). Nevertheless, new scientific findings have now debunked the myth that CVDs are associated with palm oil or saturated fats such as palmitic acid. Moreover, there is a strong, negative correlation between saturated fats in vegetable oils and plant sterols implying that their consumption will reduce plant cholesterol intake.

Keywords: *Palm oil, human breast milk, cholesterol, fatty acid.*

