



Production of Conjugated Linoleic Acid by Light Processing

Conjugated linoleic acid (CLA) has been shown to have powerful anti-cancer, anti-heart disease, anti-inflammatory and anti-obesity properties in animals studied. It has been suggested that 3g/day of CLA in the human diet is needed to realize these benefits. However, the main dietary sources are dairy and beef products where CLA is found in small quantities. Increasing consumption of these foods to gain more CLA would also increase dietary saturated fat intake which is not recommended for good health.

The production of a more concentrated CLA source in a readily available food with minimal saturated fat would therefore be beneficial.

Using a novel process of photo-irradiation, University of Arkansas food scientist Dr. Andy Proctor has succeeded in producing CLA in greater concentrations than found in conventional foods by a novel light processing technology. **The new processing technique converts soy oil linoleic acid (LA) to CLA.** Since LA comprises 50% of soy fatty acid, the oil can be readily used as a salad or frying oil to increase dietary intake of CLA while avoiding increased fat intake.



Dr. Andy Proctor

Dr. Proctor received his Bachelor's Degree in Chemistry and Biology from the University of London and received his Masters and Doctorate degrees from the University of Arkansas. Dr. Proctor teaches classes in Food Law and Food Lipid Chemistry, and his research specialties are Lipid Chemistry and Food Quality, CLA production, and ice hull utilization for value added products.

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