

二十二碳六烯酸與二十碳四烯酸對嬰兒智能發展與視敏度的影響評估

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摘要

本研究報告探討母乳中含有n-3及n-6 長鏈多元不飽和脂肪酸，尤其是二十二碳六烯酸 (Docosahexaenoic acid, DHA) 與二十碳四烯酸 (Arachidonic acid, AA) 對早產兒及不足月低體重兒及足月嬰兒腦部、視網膜及中樞神經系統生長發育有相當密切的關係，並探討攝取母乳中DHA與AA及育嬰配方奶粉含DHA & AA或不含DHA & AA 的育嬰配方奶粉，對嬰兒認知發展(cognitive development) 的影響。在嬰兒18個月時接受貝萊試驗(Bayley scales of infant development BSID-) 及另外對足月嬰兒進行視敏度發展測試評估，血脂肪測試、生長表現、以(Visual evoked potential acuity)檢測其視敏度，其結果顯著證實母乳中含有豐富的多元長鏈不飽和脂肪酸DHA& AA 且對餵食母乳的嬰兒其智能發展指數、視敏度、血中脂肪濃度比不含多元長鏈不飽和脂肪酸DHA & AA 的配方奶粉較高。

關鍵詞：二十二碳六烯酸；二十碳四烯酸；貝萊試驗

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