

Harvesting the Health Promise of Conjugated Linoleic Acid (CLA)

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New research results are strengthening the case for conjugated linoleic acid (CLA) as one of the most promising food nutrients to aid in the battle against chronic disease. This unique fat, found naturally in dairy and beef products, is showing considerable potential for human health benefits related to cancer, heart disease, obesity, diabetes, kidney disease and bone density.

In Canada, a major effort to understand and harvest the health promise of CLA is the CLA Network. Founded in Alberta in 2001, the CLA Network is a collaborative team from academia, industry and government, including representatives from many areas of expertise such as research, food industry, health and communications.

Canadian dairy producers are well positioned to benefit. CLA progress has excellent potential to strengthen the health image and market value of dairy products, supporting the sustainability and profitability of dairy producers.