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Functional Medicine

QUOTE GM #07

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Title

Created

SHELLFISH PROVIDE STEROLS COMPETING WITH CHOLESTEROL

[Nutrients](#). 2013 Mar 12;5(3):771-87. doi: 10.3390/nu5030771.

The dietary intake of wheat and other cereal grains and their role in inflammation.

de Punder K¹, Pruimboom L.

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“**CONCLUSIONS:** The presence of a wide range of sterols (...) in shellfish makes the analysis and quantitation of sterols in marine species more complex than in animal and plant tissues. The detailed sterol composition reported herein provides data that may be useful in research on the impact of shellfish consumption on dietary risk factors”.