

Table of Contents

About the Special Issue Editor	v
Preface to "DHA for Optimal Health"	vii
Samaneh Ghasemifard, Andrew J. Sinclair, Gunveen Kaur, Paul Lewandowski and Giovanni M. Turchin What Is the Most Effective Way of Increasing the Bioavailability of Dietary Long Chain Omega-3 Fatty Acids—Daily vs. Weekly Administration of Fish Oil? doi: 10.3390/nu7075241	1
Celia G. Walker, Annette L. West, Lucy M. Browning, Jackie Madden, Joanna M. Gambell, Susan A. Jebb and Philip C. Calder The Pattern of Fatty Acids Displaced by EPA and DHA Following 12 Months Supplementation Varies between Blood Cell and Plasma Fractions doi: 10.3390/nu7085285	15
Rodrigo Valenzuela, Karla A. Bascuñán, Rodrigo Chamorro, Cynthia Barrera, Jorge Sandoval, Claudia Puigredon, Gloria Parraguez, Paula Orellana, Valeria Gonzalez and Alfonso Valenzuela Modification of Docosahexaenoic Acid Composition of Milk from Nursing Women Who Received Alpha Linolenic Acid from Chia Oil during Gestation and Nursing doi: 10.3390/nu7085289	25
Kohji Nagayama, Katsutaro Morino, Osamu Sekine, Fumiyuki Nakagawa, Atsushi Ishikado, Hirotaka Iwasaki, Takashi Okada, Masashi Tawa, Daisuke Sato, Takeshi Imamura, Yoshihiko Nishio, Satoshi Ugi, Atsunori Kashiwagi, Tomio Okamura and Hiroshi Maegawa Duality of <i>n</i> -3 Polyunsaturated Fatty Acids on <i>Mcp-1</i> Expression in Vascular Smooth Muscle: A Potential Role of 4-Hydroxy Hexenal doi: 10.3390/nu7095381	42
Flavia Fayet-Moore, Katrine Baghurst and Barbara J. Meyer Four Models Including Fish, Seafood, Red Meat and Enriched Foods to Achieve Australian Dietary Recommendations for <i>n</i> -3 LCPUFA for All Life-Stages doi: 10.3390/nu7105413	55
You Li, Hong-tian Li, Leonardo Trasande, Hua Ge, Li-xia Yu, Gao-sheng Xu, Man-xi Bai and Jian-meng Liu DHA in Pregnant and Lactating Women from Coastland, Lakeland, and Inland Areas of China: Results of a DHA Evaluation in Women (DEW) Study doi: 10.3390/nu7105428	68
Marwa E. Elsherbiny, Susan Goruk, Elizabeth A. Monckton, Caroline Richard, Miranda Brun, Marwan Emara, Catherine J. Field and Roseline Godbout Long-Term Effect of Docosahexaenoic Acid Feeding on Lipid Composition and Brain Fatty Acid-Binding Protein Expression in Rats doi: 10.3390/nu7105433	78
Inge S. M. van der Wurff, Clemens von Schacky, Kjetil Berge, Maurice P. Zeegers, Paul A. Kirschner and Renate H. M. de Groot Association between Blood Omega-3 Index and Cognition in Typically Developing Dutch Adolescents doi: 10.3390/nu8010013	94

Lotte Lauritzen, Paolo Brambilla, Alessandra Mazzocchi, Laurine B. S. Harslof, Valentina Ciappolino and Carlo Agostoni DHA Effects in Brain Development and Function doi: 10.3390/nu8010006	108
Mahinda Y. Abeywardena, Michael Adams, Julie Dallimore and Soressa M. Kiteessa Rise in DPA Following SDA-Rich Dietary Echium Oil Less Effective in Affording Anti-Arrhythmic Actions Compared to High DHA Levels Achieved with Fish Oil in Sprague-Dawley Rats doi: 10.3390/nu8010014	125
Zhe Shi, Di Wu, Jian-Ping Yao, Xiaoli Yao, Zhijian Huang, Peng Li, Jian-Bo Wan, Chengwei He and Huanxing Su Protection against Oxygen-Glucose Deprivation/Reperfusion Injury in Cortical Neurons by Combining Omega-3 Polyunsaturated Acid with <i>Lyciumbarbarum</i> Polysaccharide doi: 10.3390/nu8010041	142
Jinying Zheng, Chuan Peng, Yanbiao Ai, Heng Wang, Xiaoqiu Xiao and Jibin Li Docosahexaenoic Acid Ameliorates Fructose-Induced Hepatic Steatosis Involving ER Stress Response in Primary Mouse Hepatocytes doi: 10.3390/nu8010055	155
Bo Yang, Mei-Qi Shi, Zi-Hao Li, Jian-Jun Yang and Duo Li Fish, Long-Chain <i>n</i> -3 PUFA and Incidence of Elevated Blood Pressure: A Meta-Analysis of Prospective Cohort Studies doi: 10.3390/nu8010058	167
Michael J. Weiser, Christopher M. Butt and M. Hasan Mohajeri Docosahexaenoic Acid and Cognition throughout the Lifespan doi: 10.3390/nu8020099	179
Barbara J. Meyer Australians are not Meeting the Recommended Intakes for Omega-3 Long Chain Polyunsaturated Fatty Acids: Results of an Analysis from the 2011–2012 National Nutrition and Physical Activity Survey doi: 10.3390/nu8030111	219
Anne Marie Minihaue Impact of Genotype on EPA and DHA Status and Responsiveness to Increased Intakes doi: 10.3390/nu8030123	231
Meng-Jiao Liu, Hong-Tian Li, Li-Xia Yu, Gao-Sheng Xu, Hua Ge, Lin-Lin Wang, Ya-Li Zhang, Yu-Bo Zhou, You Li, Man-Xi Bai and Jian-Meng Liu A Correlation Study of DHA Dietary Intake and Plasma, Erythrocyte and Breast Milk DHA Concentrations in Lactating Women from Coastland, Lakeland, and Inland Areas of China doi: 10.3390/nu8050312	242