Effect of dietary oils on oxidative stress and cytokine production by murine macrophages

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Many studies have shown that the nature of the lipid consumed in the diet significantly affects the prevalence of coronary, inflammatory or autoimmune diseases¹,². The present study was conducted to compare the impact of feeding mice on diets enriched with edible oils (150 g/kg diet; fish oil (FO), olive oil (OVO) and orujo olive oil (ORO)) with that of a basal diet (BD) enriched with 20 g maize oil/kg on the ability to modulate oxidative reactive species and pro-inflammatory mediator generation by stimulated murine macrophages. Swiss male mice were fed on the different diets for 8 weeks. Diets were formulated according to American Institute of Nutrition (AIN) recommendations³. Peritoneal macrophages were isolated from these mice and stimulated. Reactive oxygen (O₂⁻ and H₂O₂) and nitrogen (NO₂⁻) species, PGE₂, TNFα and IL-6 were measured in the supernatant fractions from 10⁶ cells. All test diets down regulated NO generation compared with the BD (Fig.1); in contrast, FO increased H₂O₂ generation whereas OVO and ORO group diets significantly inhibited this ROS production compared with the BD group (Fig.1). Finally, both OVO and FO groups significantly decreased PGE₂ and cytokine production (Fig. 2). These results are in agreement with those of other authors in that a diet enriched in olive oil was found to show a protective effect against oxidative stress and inflammation⁴,⁵ and they confirm the preventive anti-inflammatory properties of FO⁶. Moreover, the results provide important additional data about the ability of ORO to prevent oxidative damage to cells.

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