

OMEGA-3 FATS

THE HEALTHY FAT YOU'RE PROBABLY NOT EATING ENOUGH OF!

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Omega-3 fatty acids are essential fats. In other words, our bodies cannot manufacture them. They have health benefits when used in place of less healthy saturated and trans fat!

WHAT ARE OMEGA-3 FATTY ACIDS?

- Increase good “HDL” cholesterol, reduce triglyceride levels, blood pressure and formation of arterial plaques. AKA, good for heart health!
- May reduce inflammation and help with depression
- Important for brain health!
- EPA/DHA sources: Oily fish, such as tuna, salmon and sardines are some of the best sources of DHA and EPA Omega-3 fatty acids
- ALA (plant based sources): Walnuts, flax, hemp, chia seeds, seaweed, edamame and leafy greens, like kale and Brussel sprouts

WHAT ARE THE DIFFERENCES BETWEEN THE EPA, DHA AND ALA FORMS OF OMEGA-3S?

DHA:

- Required for growth and maintenance of brain function and improves learning ability
- Supports brain, eyes and central nervous system

EPA:

- Supports the heart, immune system, and inflammatory response

ALA

- The plant based form, but limited amounts convert to EPA and DHA
- Beneficial for heart health

BOOST OMEGA-3 FATS IN YOUR DIET

- Eat a variety of seafood – at least 2 servings a week. Fatty seafood, like tuna, salmon and sardines are excellent sources of Omega – 3's
- Add avocado to salads, sandwiches, and smoothies
- Use olive oil, in your cooking or salad dressings
- Add walnuts, flax, chia, or hemp seeds to cereal, mix into smoothies, or top your salad
- Eat plenty of leafy greens, edamame, and seaweed
- Follow a Mediterranean style diet