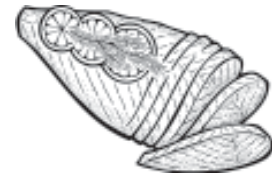


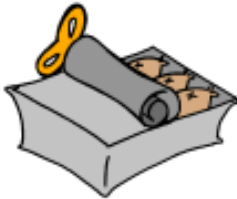


Omega 3 Fatty Acids



What are Omega 3 Fatty Acids?

- *Polyunsaturated Fat**- appears to protect against heart attacks
- associated with decreased CAD (Coronary Artery Disease), less effect on LDL
- LDL** (Low Density Lipoprotein/Bad Cholesterol)- < 130 mg./dL
- builds up in arteries/vessels
- *n-3 Fatty Acid intake**- reduces platelet aggregation, lowers triglyceride level, alters prostaglandin synthesis



Facts:



*Are naturally low in fats

*Mercury in Fish-

- Safe-** Salmon, sole, freshwater, catfish, tilapia, farm-raised, trout, shrimp, clams, scallops, canned water packed tuna
- Weekly-** MahiMahi, orange, roughy, red snapper, sea bass, flounder, halibut, freshwater bass, grouper, fresh tuna, trout
- Twice per Month-** Swordfish, shark, tilefish, king mackerel, marlin
- ***Per Reader's Digest Article
- *Shown to reduce serum cholesterol and triglyceride levels



What foods are high in Omega 3 Fatty Acids?

*Fish and Seafood- unless they are deep fried

- *Salmon, mackerel, sardines contain more fat but is mostly unsaturated
- *Flaxseeds, Walnuts



What Foods are high in Omega 6 Fatty Acids?

*Corn/Safflower/Sunflower Oils



What do I need to do?

- *See a Physician-** use Fish Oil Supplement only if recommended by MD
- *See a Registered Dietitian for help with meal planning
- *See FFF Registered Dietitian on line for help if needed
- *See FFF Low Fat diet plans individualized just for you
- *Fish-** recommended 3 times/week

