Omega-3 Fatty Acids

What Are They?

- A type of good fat that your body needs to get from the foods you eat.
- There are 3 main types: EPA, DHA, and ALA

Why Are They Important?

- Fights inflammation
- Helps lower blood pressure
- Brain development & function
- Helps lower cholesterol
- Lowers risk of heart disease
- Growth & development

How Much Do I Need & Where Can I Find It?

- Aim for 2 servings of fish a week & include plant sources

**EPA & DHA Fish Sources**
- Tuna
- Sardines
- Salmon
- Anchovies
- Shellfish

**ALA Plant Sources**
- Walnuts
- Flaxseeds
- Chia Seeds
- Soybeans
- Seaweed
- Canola Oil
- Navy Beans
- Tofu
- Brussel Sprouts
- Kidney Beans