


OMEGA-3:

[MAKE SURE YOU HOOK THIS HEALTHY FAT ONTO YOUR PLATE]

Its Goodness

Omega—3 is an unsaturated fat- which means it is a healthier type of fat that is good to include in your food. Though the source of this nutrient is fishy, its benefits are not. Omega-3 fatty acid may decrease your risk of heart problems as well as some cancers. It is also very important to eat so that your eyes and nerves develop properly. It also helps to fight off getting sick by keeping your immune system working well. Finally, it can decrease triglyceride cholesterol in your blood- this decreases your risk of cardiovascular disease!

What to Eat

- Fatty fish (salmon, mackerel, sardines, anchovies, trout) 
- Eggs
- Flaxseeds and Flaxseed oil
- Soybeans
- Tofu
- Canola Oil
- Walnuts

IMPORTANT:
Ensure you eat fish at least 2 x/ week as well as the other foods with omega-3. It is the only food with good sources of EPA/DHA- important omega -3 fatty acids!

How much to Eat

1. Have 2 or more servings of fish (especially fatty fish) each week. Make sure your piece of fish is about the size of a deck of cards.

****Avoid more than 1 serving of tuna, shark or swordfish each week because of the mercury content of these fish**

2. Try to add regular serving sizes of other foods with omega-3 in them to other meals and snacks.



TIPS TO ↑ OMEGA-3

- ✓ Sprinkle walnuts or flaxseed onto your oatmeal or pancakes
- ✓ Buy granola or milk that contains added omega-3
- ✓ Mix up some canned tuna with mayo and salt and pepper and add to your favourite bread or wrap with lots of toppings
- ✓ Make some healthy homemade fish sticks: dip fish into favourite salad dressing, breadcrumbs and ground flaxseed, then bake!
- ✓ Choose canola or soybean non-hydrogenated margarine or oils instead of butter

