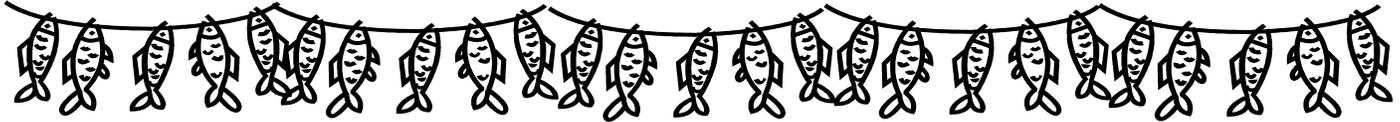


## Omega 3's for a Healthy Heart

By Jennette Wells

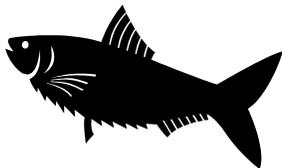


Maintaining a healthy heart and reducing the risk of heart disease is important for healthy aging. Omega-3 fatty acids are a type of polyunsaturated fatty acids (PUFA) important for heart health. Research shows omega-3 fatty acids reduce the risk of irregular hearts beats, can help lower blood pressure, slow plaque growth in arteries and may help lower cholesterol and triglyceride levels.

Omega-3 fatty acids cannot be made in the body, therefore must be obtained through diet. The current suggestion for omega-3 fatty acids is 7-11 grams per week. The most common sources of omega-3 fatty acids are seafood (fatty fish), fish oil supplements, flaxseeds and canola oils.

### Fish and plant sources of Omega 3 Fatty Acids:

- Salmon
- Sardines
- Tuna
- Chia seeds
- Flaxseeds
- Walnuts



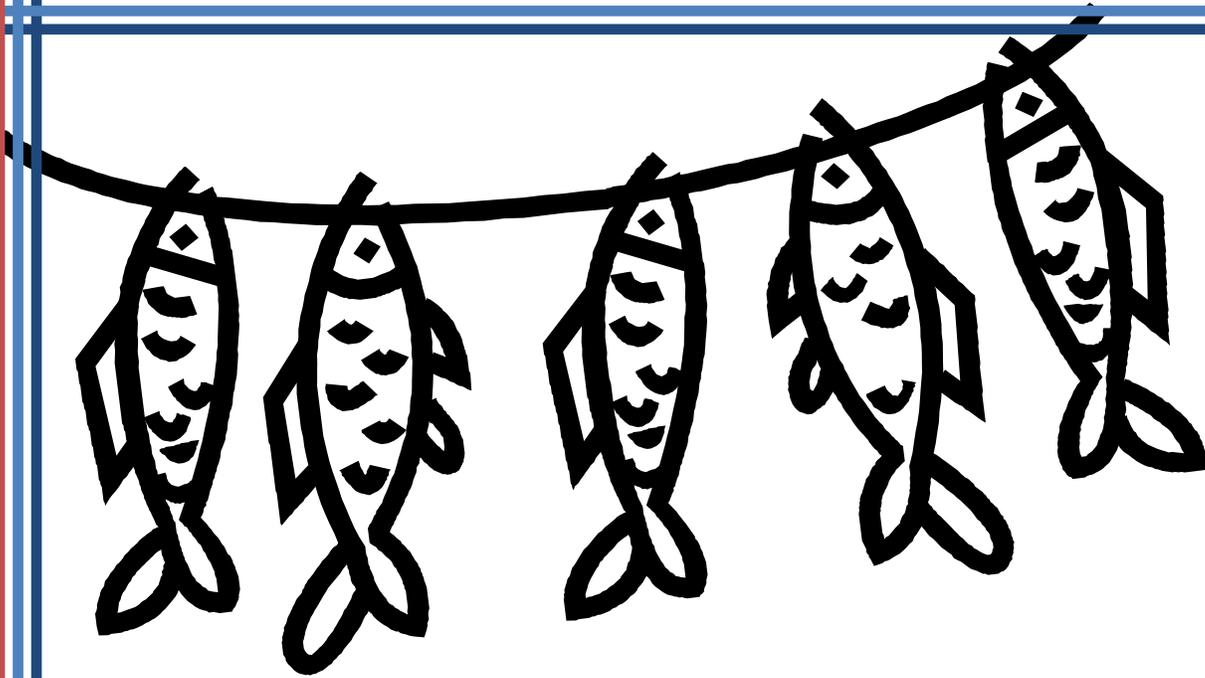
#### • *Salmon -wild vs. farmed*

Is there a difference between farmed raised salmon and wild salmon?

Yes. Wild salmon is 30% higher in protein and has a healthier ratio of omega-3 and omega-6 fatty acids. Farmed salmon is fed antibiotics, pesticides, and red dyes to make the flesh pink (farm raised salmon has naturally grey flesh).

#### Information references:

[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Fish-and-Omega-3-Fatty-Acids\\_UCM\\_303248\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Fish-and-Omega-3-Fatty-Acids_UCM_303248_Article.jsp), <http://www.choosemyplate.gov/food-groups/downloads/TenTips/,DGTipsheet15EatSeafood.pdf>, [http://www.tufts.edu/med/nutrition-infection/hiv/health\\_omega3.html](http://www.tufts.edu/med/nutrition-infection/hiv/health_omega3.html)



Enjoy foods with Omega-3 fatty acids for a healthier heart.

**The suggested intake for Omega-3 fatty acids:**

**7-11 grams each week**

Salmon (fresh or frozen)	4 oz. =	1.7 grams
Sardines (canned)	4 oz. =	1.8 grams
Tuna (canned in water)	4 oz. =	0.3 grams
Chia seeds	1 oz. =	4.9 grams
Flaxseeds (ground)	1 oz. =	1.8 grams
Walnuts	1 oz. =	2.6 grams
Fish oil/ Omega-3 supplements (cod liver oil)	1 TBSP =	2.8 grams
<b>* Speak with your health care provider before adding supplements to your diet.</b>		

**What about mercury in seafood?**

Seafood that should be limited due to the high levels of mercury are: swordfish, shark, king mackerel, tile fish and golden snapper. Tuna should be limited to 6 oz. (ounces) per week.