

Omega 3 fats



Types of omega 3 fats

- Alpha-Linolenic acid (ALA)
- Eicosapentaenoic acid (EPA)
- Docosahexaenoic acid (DHA)

All of these omega 3 fats are important to our health.

ALA is found in many of the foods we enjoy, such as canola oil, soybean oil, nuts and most omega 3 enriched food products and therefore does not need to be supplemented.

EPA and DHA are important in helping to reduce our risk of heart disease

Since EPA and DHA are only found in a small number of foods, most of us do not get enough of these healthy fats in our diet.

To achieve our daily requirements of EPA and DHA, we should aim to consume three ounces (90 grams) of fatty fish two to three times per week.

If you are unable to meet the daily requirements for EPA and DHA through diet, it is recommended a daily omega 3 fish oil supplement be taken. Look for a supplement which contains 500 mg of EPA + DHA.

If you are a vegetarian or vegan and do not eat fish or use fish oil supplements, an omega 3 oil from marine algae is recommended.

If you have been diagnosed with high triglycerides, talk to your doctor or a Registered Dietitian about omega 3 supplementation.

Sources of EPA and DHA:

Excellent sources of EPA and DHA

Herring	Halibut
Sardines	Artic Char
Salmon	Anchovies
Mackerel	Canned salmon

Great sources of EPA and DHA

Tuna
Swordfish
Greenshell/lipped mussels

Good sources of EPA and DHA

Canned tuna	King Mackerel
Cod	Tiger prawns
Mahi mahi	Omega 3 eggs
Red Snapper	Omega 3 soy milk

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Try these recipes to help boost your EPA and DHA intake!

Chili Lime Halibut Fish Tacos (Serves 4)

- 12 oz. halibut
- 4 small whole wheat tortilla
- 1 lime (juice of)
- 1 Tbsp olive oil
- 2 tsp chili powder
- 1 clove garlic
- 1 Tbsp fresh cilantro
- 4 oz shredded cheese
- 2 cups chopped lettuce, tomato and other favourite taco vegetables

Whisk together juice of 3/4 lime with olive oil, chili powder and garlic. Place halibut in baking dish and pour marinade over. Bake in 400 °F oven for 15 minutes or until fish flakes. Flake fish and place 3 oz on each tortilla, add vegetables on top. Finish off with some lime juice and a sprinkle of cilantro. Serve with a side salad and enjoy!

Mackerel Salad (Serves 1)

- 1 can of Mackerel canned in tomato sauce
- 2 cups of garden salad
- 1 Tbsp of your favourite salad dressing
- 1 whole wheat dinner roll

Mix in the can of Mackerel with your salad and enjoy!

Maple Syrup Glazed Salmon (Serves 4)

- 1 pound of salmon
- ¼ cup maple syrup
- 2 gloves garlic, minced
- 2 Tbsp soy sauce (low sodium)
- Pepper to taste

Mix maple syrup, garlic and soy sauce in small bowl. Place salmon on baking sheet with tin foil, pour mixture over salmon. Fold tin foil to create a closed pouch. Bake in 400 °F oven for 15 minutes or until salmon flakes with a fork.