

Omega-3 and omega-6 fatty acids are essential fats that our bodies cannot produce on their own. We must obtain them through our diet. These fats play crucial roles in various bodily functions, including building healthy cells and maintaining brain and nerve function.

Omega-3 Health Benefits

Heart Health: Omega-3s, particularly EPA and DHA, help lower the risk of heart disease by reducing triglycerides, lowering blood pressure, and decreasing the risk of abnormal heart rhythms.

Brain Health: DHA is vital for brain health, supporting cognitive function, and potentially protecting against Alzheimer's disease and other forms of dementia.

Inflammation: Omega-3s have anti-inflammatory properties and are beneficial for conditions like arthritis and other inflammatory diseases.

Omega-6 Health Benefits

Skin and Hair Growth: Omega-6s support the health of your skin and hair. They help to keep skin hydrated and can reduce inflammation in conditions like eczema.

Bone Health: Omega-6s are important for bone health, aiding in the regulation of bone metabolism.



Sources

Omega-3 Sources:

- **Fatty Fish:** Salmon, mackerel, sardines, trout
- **Shellfish:** Oysters, mussels, crab
- **Nuts and Seeds:** Walnuts, chia seeds, flaxseeds, hemp seeds
- **Oils:** Algal (a plant-based oil derived from algae - great for vegetarians and vegans)



Omega-6 Sources:

- **Oils:** Soybean oil, corn oil, sunflower oil
- **Nuts and Seeds:** Walnuts, sunflower seeds, pumpkin seeds
- **Eggs:** Choose omega-3 fortified eggs to maintain a healthy omega-6 to omega-3 ratio
- **Tofu:** Pair with omega-3-rich foods to maintain a healthy omega-6 to omega-3 ratio



Recommended Daily Allowance

Omega-3: The American Heart Association recommends eating fatty fish at least twice a week, which provides about 500 mg of EPA and DHA (types of omega-3s) per day. For those who don't eat fish, a daily supplement of 200-300 mg of DHA and EPA is suggested.

Omega-6: A typical Western diet has more omega-6 than omega-3, which can lead to health issues. Aim for a ratio of about 4:1 omega-6 to omega-3.