



Omega 3 & Omega 6 Fatty Acids Snapshot

Omega 3 Fatty Acids	Omega 6 Fatty Acids
<p>Reduce Inflammation. Important for memory & brain performance; lowers risk of heart disease, cancer & arthritis; helps modulate mood; improve circulation; supports healthy hair & skin</p>	<p>Increase Inflammation. Linked to increase in many forms of cancer, asthma, coronary heart disease, autoimmunity & neurodegenerative diseases; likely contributor to obesity, depression, dyslexia & hyperactivity; joint pain</p>
Limited Sources.	Plentiful sources.
<p>Essential Fatty Acids. Our body does not produce; must obtain from food</p>	
<p>Polyunsaturated Fats. "Good" fat; can help reduce blood cholesterol levels & lower risk of heart disease; typically liquid at room temperature</p>	
<p>Key Players. EPA (eicosapentaenoic acid) & DHA (docosahexaenoic acid), the building blocks for hormones that control immune function, blood clotting, cell growth; components of cell membranes ALA (alpha-linolenic acid), or pre-cursor Omega 3, must be converted to EPA & DHA</p>	<p>Key Players. LA (linoleic acid), precursor to prostaglandins, which support smooth muscle contraction & relaxation; dilation & constriction of blood vessels; control of blood pressure</p>
<p>Seek Balance. Desired ratio is 3:1 or lower Omega 6 Fatty Acids to Omega 3 Fatty Acids Most American plates tip heavily to Omega 6 fatty acids – some studies cite 10-20:1 ratios</p>	
<p>Plate Up. Salmon, sardines, herring, mackerel, black cod, bluefish; grass-fed or pastured meats; walnuts; macadamia nuts; flaxseeds; collard greens; kale; spinach; summer squash; strawberries; raspberries; coconut, canola (rapeseed), olive oil; avocado</p>	<p>Avoid / Eliminate. Packed & processed foods; soy / soybean, palm, corn, sunflower, grapeseed, vegetable; safflower & cottonseed oils; bottle dressings; mayonnaise; margarine; spreads</p>
<p><i>Eat a variety of foods that are naturally rich in ALA, EPA & DHA.</i></p>	



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