

healthy
for  **LIFE**™
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healthy fats



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Know the facts about omega-6 and omega-3 fatty acids as they both contribute to a healthy diet.

You've seen the word "omega" on juice, eggs, and milk and wonder what it's all about. What are omega fatty acids? Where do they come from and what can they do for you?

OMEGA-6

Omega-6 fatty acids come from food such as meat, poultry, and eggs, as well as plant-based oils such as canola, sunflower, and soybean. Your body doesn't make these fatty acids, which is why you need to include omega-6s in your diet. It's important to balance omega 6 fats with omega 3s. Western diets are typically high in omega-6s and not high enough in omega-3s, which can increase risk of some types of chronic diseases related to inflammation.

OMEGA-3

Omega-3 fatty acids, which your body also doesn't make, come from fish oils, eggs, seaweed, legumes, nuts, and seeds. These fatty acids are vital for brain function and normal growth development. They also lower the risk of cardiovascular disease, stroke, cancer, obesity and chronic disease.

INCREASE YOUR OMEGA-3 INTAKE

Be Friends with Fish – Eat two to three servings of fattier fish, such as salmon, tuna, sardines and mackerel each week.

Smarties Supplement – If you are not a big fish eater, supplement with fish oil or DHA/EPA capsules.

Egg-stra Omegas! – Eggs naturally contain omega-3 fatty acids. Some brands even offer omega-3 enhanced eggs.

"O" is for Oils – Olive oil, canola oil and the oils found in nuts and seeds such as flaxseed and walnuts all contain omega-3 fatty acids.

Better Beans – Beans such as soybeans, kidney beans and navy beans offer as much as one gram of omega-3s per cup.

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