OMEGA-3 FATTY ACIDS

Whole Lifecycle NUTRITION

Omega-3 fatty acids are *essential* fats, meaning the body cannot produce them on its own and must obtain them through food or supplementation. They play a critical role across the lifespan from supporting early fetal and infant brain development during pregnancy to promoting healthy aging by helping regulate inflammation and support heart, brain, and joint health.

There are three primary types of omega-3 fatty acids:

- **Docosahexaenoic acid (DHA)**
- **Eicosapentaenoic acid (EPA)**
- **Alpha-linolenic acid (ALA)**

BEST SOURCES OF OMEGA-3S

DHA & EPA:

- salmon
- sardines
- lake trout
- halibut
- tuna



ALA:

- chia seeds
- pumpkin seeds
- hemp seeds
- flax seeds
- walnuts



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4 TIPS TO INCORPORATE OMEGA-3S

1

Choose salmon 1-2x/week



Grill, bake, poach and serve with plenty of vegetables.

2

Add ground flaxseed to smoothies



Add one tablespoon of ground flaxseed to your smoothie recipe.

3

Make a chia seed "pudding"



Portion into mason jars and store in the refrigerator.

4

Take a supplement



Be sure to check with your healthcare professional first!