

## What's the deal with Omega-3s?

News flash!

Fat is good for us. We must have fat in our diet to be healthy.

But what kind of fat?

Omega-3 and omega-6 fats are both considered essential since the body cannot make them on its own. Omega-3s are found in plants, some nuts, and cold-water fish, while Omega-6s are primarily found in meat and some nuts and seeds,

Omega-3 fats have been shown to have an anti-inflammatory effect on the body, while omega-6 fatty acids can cause inflammation.

A small amount of inflammation can help the body with repair, but chronic inflammation is associated with many degenerative conditions including heart disease, diabetes, arthritis, and dementia.

What can you do on a practical basis to make sure you eat the best kind of fats?

- Eat plant foods that contain omega-3s, including flaxseed and flaxseed oil, walnuts and walnut oil, hemp seeds, pumpkin seeds, black currant seed oil, and green leafy vegetables such as spinach, kale, leeks, and broccoli.
- Avoid corn and soybean oil and take cod liver oil or fish oil as a supplement in the form of a capsule.
- If you like it, eat fish. Try recipes you find delicious.
- Avoid eating farmed salmon. Look for the wild-caught variety.
- The best oil for cooking and salad dressing is extra virgin olive oil.
- If you like beef, choose grass-fed beef rather than animals that have been fed grain, soybeans, or hormones to fatten them up.