



BATHROOM BUSINESS



Volume 1, Issue 9

Happy Fats! Omega-3's for Health

Why are Omega-3's good for me?

- Protects against high blood pressure
- Maintains brain, eyes, and nervous system
- Reduces risk of heart disease
- Reduces risk of Alzheimer's disease
- Prevents osteoporosis
- Protects against diabetes
- May decrease depression
- May decrease ADHD
- Prevents age related macular degeneration in the eye

How do Omega-3's work?

- reduce inflammation
- inflammation is good when it helps fight infection
- constant low levels of inflammation cause damage
- inflammation is linked to:
 - rheumatoid arthritis
 - inflammatory bowel disease
 - type 2 diabetes
 - Parkinson's disease
 - asthma

The Naked on Nutrition:
The Bare Facts on Eating Well

Brown Bag Lunch Series

Salt Facts

November 26, 12:00 – 1:00

107 Hanna Hall

Where do I find Omega-3's?

- fatty fish – wild salmon, mackerel, albacore tuna, sardines are good sources
- American Heart Association recommends at least 2 servings/week

What if I don't like fish?

- walnuts, flaxseeds, hemp seed and flax oil are good sources
- flax and hemp seed are added to waffles, cookies and cereals
- fortified products are available
- recommendation: 2 to 4 grams per day

Fortified food sources of omega-3

Smart Balance Products:

Milk

Peanut Butter

Mayonnaise

Margarine/Spreads

Breyer's Smart Yogurt

Silk Soymilk

Yoplait Kids

Gold Circle Farm Eggs

Minute Maid Enhanced

Pomegranate Blueberry Juice

