



American Heart Association Guidelines for Omega-3 fatty acids

If you...Don't have heart disease

Then you should...Eat a variety of fish at least twice a week. Also, include oils, nuts and seeds rich in alpha-linolenic acid in your diet

If you...Have heart disease

They you should...Consume about 1 gram of Omega-3 per day, with as much fatty fish as possible. Consider supplementing with fish oil capsules, consult your physician.

If you...Have high triglycerides

Then you should...Consume 2-4 grams of Omega-3 per day from both fish and supplements, consult your physician.

Omega-3 Fatty acids include EPA & DHA and are found in high concentration in marine sources and a lesser concentration in grass-fed red meat (beef, buffalo, and lamb), organic chicken, wild game, and organic eggs. In order to get a useful therapeutic amount in your diet you would have to eat fish everyday (not really safe to do) or consume wild or grass fed animals or large amounts of nuts and oils daily (lots of calories).

Here's the other consideration. You need a balance of Omega-3 and Omega-6 for optimum health. Too much omega-6 compared to omega-3 will create imbalances that will contribute to generalized inflammation, high blood pressure, poor digestion, depressed immune function, sterility, weight gain, increased tendency to form blood clots, and even cancer. The typical American diet is much higher in Omega-6 so even if you are taking recommended doses for heart disease, arthritis, or pain the balance will be healthier.

Eating a diet high in vegetables and small amounts of fruits with legumes, nut, seeds, and whole grains along with organic or wild animal products will result in a much healthier ratio of Omega-6 to Omega-3. Vegans have a difficult time getting the Omega-3 they need without supplementation. It is extremely difficult for strict vegans to obtain adequate quantities of DHA from only plant sources of omega-3 fatty acids like flax seeds and walnuts.

New research from the Child & Family Research Institute shows the typical North American diet is deficient in omega-3 fatty acids and this may pose a risk to infant

neurological development. This research is an important step towards developing dietary fat guidelines for pregnant and breastfeeding women. DHA is involved in the development of the brain and eyes. This research shows better eye health even at 2 months old for children whose mother ate a diet rich in Omega-3.

Are you having trouble getting a therapeutic amount fish oil in your daily diet? Most people do. So, the recommendation is to use supplements. What must be considered is that not all supplements are created equal. With regards to fish oil, it must be a highly concentrated oil (look for the total EPA & DHA in the fish oil capsule – should be around 500 – 700 mg.) so that you don't have to take a lot of capsules and it must be purified/filtered correctly to remove the impurities and toxins. As well, the fish source should be cold water fish. Basically, you get what you pay for.

At **THE MUSCLE REPAIR SHOP** we use a superior line of supplements that I have used in my practice for many years. Under a special agreement our supplier has labeled for us the supplements that we find useful for the basic regimen.

MRS Omega-3 600 capsules – contain 360 mg. of EPA 240 mgs. Of DHA to total 600 mgs. So if you want the recommended 2,000 mgs a day to lower triglycerides you only have to take 3 and eat some walnuts, use some soybean oil or eat some fish. Knowing that you are getting a consistent dose allows you to make adjustments with your diet. Below you will find the approximate amount of certain foods you can get an approximate amount of Omega-3s in your diet. If you are eating these foods, adjust your intake of supplements accordingly.

To get 1-2 grams Of Omega-3 in your diet daily choose one of the following:

3 oz Herring	7 Walnuts
4 oz Salmon	1 – 2 Tbs Ground Flax Seed
9 oz of Flounder	3 Tbs. Soy Bean Oil

To get 2 – 4 grams of Omega-3 in your diet choose one of the following:

6 oz Herring	14 Walnuts
8 oz Salmon	4 Tbs. Ground Flax Seed
18 oz Flounder	6 Tbs. Soy Bean Oil

1. Enig, Mary G, PhD, Trans Fatty Acids in the Food Supply: A Comprehensive Report Covering 60 Years of Research, 2nd Edition, Enig Associates, Inc., Silver Spring, MD, 1995, 4-8

2. Adapted from materials provided by [Child & Family Research Institute](#), via [EurekAlert!](#)