

Give your body  
more  
omega

3

than  
omega

6

3 helps



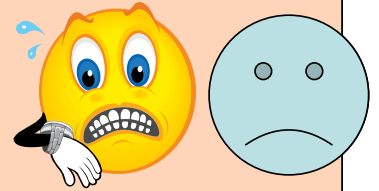
Stop eating  
more

6

than

3

6 hurts



Nix the six

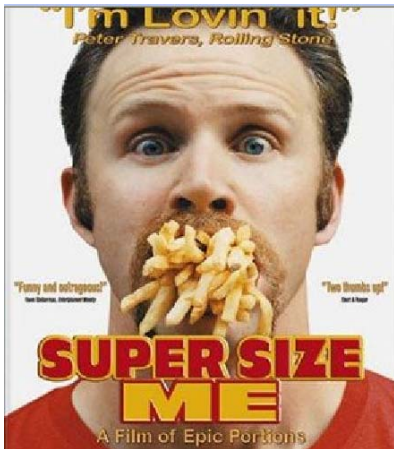
6



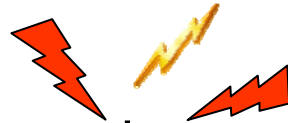
and

eat the three

3



Big meals make sparks



that omega-6 blows up!



and omega-3 cools down.



Stay cool with less calories in each meal

Eat less omega-6 foods

Eat more omega-3 foods

## **PREVENT** omega-3 deficits in families.

It helps **prevent** expensive treatments later.

A.- Background: (from <http://www.nlm.nih.gov/medlineplus/print/druginfo/natural/patient-fishoil.html>)

Average Americans eat 10 times more omega-6 fatty acids than omega-3 fatty acids. These large amounts of omega-6 fatty acids come from **vegetable oils containing linoleic acid (for example: corn oil, evening primrose oil, pumpkin oil, safflower oil, sesame oil, soybean oil, sunflower oil, walnut oil, wheatgerm oil)**. Because omega-6 and omega-3 fatty acids compete with each other to be converted to active hormones in the body, benefits can be had by decreasing intake of omega-6 fatty acids, by increasing omega-3 fatty acids or both.

For healthy adults with no history of heart disease, the **American Heart Association** recommends eating **at least two times per week fish such as anchovies, bluefish, carp, catfish, halibut, herring, lake trout, mackerel, pompano, salmon, striped sea bass, tuna (albacore), and whitefish (preferably fatty fish)**. The **World Health Organization** and governmental health agencies of several countries recommend consuming 0.3-0.5 grams of daily EPA + DHA and 0.8-1.1 grams of daily  $\alpha$ -linolenic acid. The **American Psychiatric Association** also recommends that all adults should eat fish two times per week, and patients with mood, impulse-control, or psychotic disorders should consume 1 g/d of EPA + DHA.

For proper dosing when treating clinical conditions, consult a doctor or pharmacist.

## B.- Dietary omega-3 helps **prevent** unwanted behavior in children and adults:

Omega-3 fatty acids are vitamin-like nutrients critical for proper brain and body function. We must eat them because the human body cannot make them. There are many harms in children who do not get enough omega-3s. These include impaired academic performance (especially verbal development), greater risk of attention and reading problems, and greater risks of depression, suicide and disruptive or oppositional behaviors.

These problems can have many causes, but ensuring adequate omega-3 fatty acids at least takes care of this cause. Not all kids respond, but very many who do are happier and easier to live with. More kids are deficient than you think. Inadequate omega-3s in adults are linked to depression and suicide. Strokes and heart attacks come from food-induced blood vessel damage that grows worse every year after childhood. One in three Americans will die with cardiovascular disease.

Fish is the richest source of omega-3 fatty acids. Deep sea fish like salmon, tuna and sardines are the best sources. Tilapia and farm-raised catfish don't have much of this needed nutrient, but any seafood is better than no seafood. Families that eat fish 2-3 meals per week probably get enough omega-3s. Otherwise, supplements are recommended.

Children should get a MINIMUM of 500 mg per day of omega-3 EPA + DHA (look on the back of your supplements for this information) and adults should get at least 1,000 mg per day of EPA + DHA. Don't delay, serve fish for dinner with more omega-3 and less omega-6 for the whole family!

## C.- Good food **prevents** problems:

**1.- Eat more food with needed omega-3: fish, seafoods, flax (meal & oil), beans (green, kidney, pinto), broccoli, Brussels sprouts, cauliflower, cucumbers, greens (collard, mustard, turnip), kale, spinach, squash (acorn, hubbard, summer), turnips, cantaloupe, mango, papaya.**

**2.- Eat less food with lots of competing omega-6: vegetable oils (soybean, corn and cottonseed oil), potato chips, french fries, snack crackers, nuts, peanut butter, hummus, tahini, tofu, broadbeans (fava), chickpeas (garbanzo beans), corn, chicken, pork, biscuits, cakes, cookies, doughnuts, muffins.**