

# OMEGA 3

There are three main omega-3 fatty acids:

alpha-linolenic (ALA)  
eicosapentaenoic (EPA)  
docosahexaenoic (DHA)

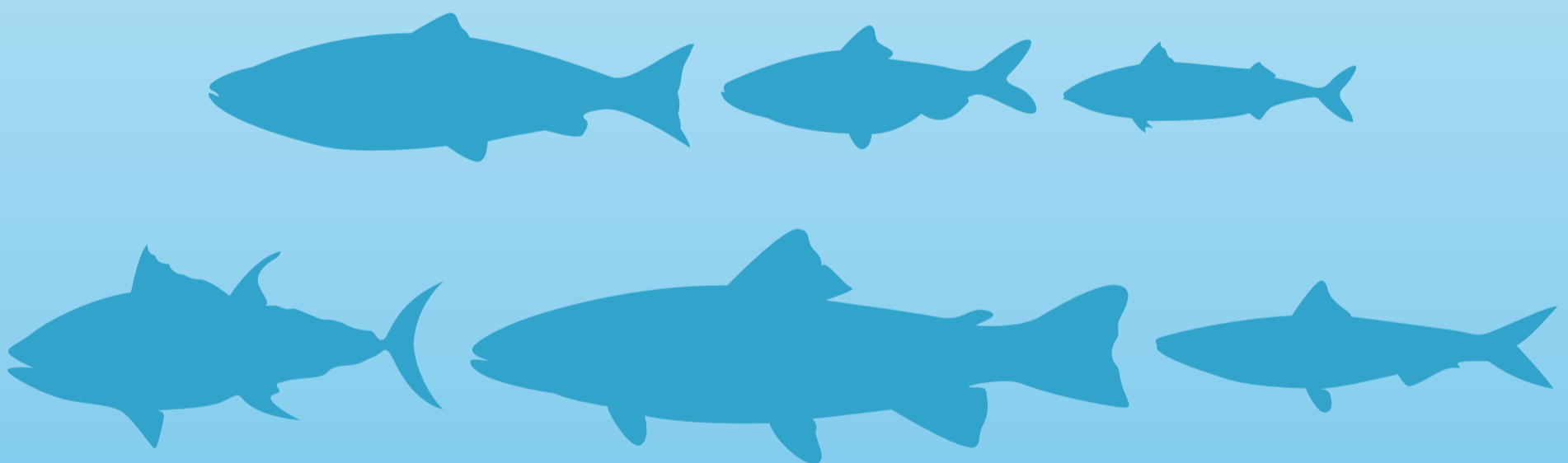
EPA and DHA are found in fish and seafood. DHA is often added to common foods like milk, juice, and eggs.

ALA comes from plants like canola oil, soybeans, flax, and walnuts.



## Great sources from fish

Salmon, herring, mackerel, bluefin tuna, trout and sardines all contain 1000-2000 mg or more of omega 3s per 3 ounce serving.



## Eat fish twice a week for healthy heart

It helps to reduce your risk of heart disease by decreasing the risk of abnormal heart beats, decreasing triglyceride levels, slowing down the accumulation of plaque inside blood vessels, and slightly lowering blood pressure.

