



# Monday Morsels

## Nutrition for the Noggin'

**10/14/13**

**Omega-3**

Omega-3's are fatty acids found in fish oil and certain plant/nut oils. Fish oil contains both docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), while some nuts (English walnuts) and vegetable oils (canola, soybean, flaxseed/linseed, olive) contain alpha-linolenic acid (ALA).

There is evidence from multiple studies supporting intake of recommended amounts of DHA and EPA in the form of dietary fish or fish oil supplements to have health benefits. These benefits include:

- Lowering triglycerides levels
- Reducing the risk of death, heart attack, dangerous abnormal heart rhythms, and strokes in people with known cardiovascular disease
- Slowing the buildup of atherosclerotic plaques ("hardening of the arteries")
- Lowering blood pressure slightly.

[http://www.mayoclinic.com/health/fish-oil/NS\\_patient-fishoil](http://www.mayoclinic.com/health/fish-oil/NS_patient-fishoil)

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