Fish Omega-3 Fat Handout

Fish omega-3 sources:  
Fish  
Marine life

<table>
<thead>
<tr>
<th>Plant omega-3 example sources:</th>
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<tbody>
<tr>
<td>Walnuts</td>
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<tr>
<td>Purslane (an edible green leafy plant)</td>
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<tr>
<td>Flax seed oil</td>
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<tr>
<td>Canola oil</td>
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</tbody>
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Major types of fish omega-3 fatty acids:
- EPA- eicosapentaenoic acid
- DHA- docosahexaenoic acid

Determining fish omega-3 fat in pills- add DHA and EPA amounts listed on label:
Example: If 180 mg of EPA and 120mg of DHA are in a pill, then the pill contains 300mg of fish omega-3 fat per pill.

How to avoid the fish oil induced belching that ~50% of individuals may develop:
- Freeze the regular capsules and take the pills frozen
- Use enteric coated fish oil pills (or pharmaceutical grade fish omega-3 capsules)

Ensuring high quality fish omega-3 pills and low contaminant levels:
- Buy a source of pills that has used molecular distillation as part of manufacturing process.

Prior to taking fish omega-3 pills:
- Discuss with personal physician to determine if it is advisable.

Fish omega-3 fats in seafood:
- Fish omega-3 levels tend to be higher in cold water oily fish including salmon, bluefish, and mackerel.

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