

Get Your Omega 3 Fatty Acids: Why and How?

Fish is a great source of omega-3 fatty acids, but you can get them from plants too.

Omega-3s are essential fatty acids. Your body can not make them so you have to eat them. They play an important role in cellular function and in maintaining heart health, brain health, kidney function, eye health, and skin health.

Doctors recommend eating at **least two servings of fish a week**. The highest levels of omega-3 fatty acids are in:

- Mackerel • Lake trout • Herring
- Sardines • Albacore tuna
- Salmon • Halibut

NO-Fish-sticks range from 10 to 20 grams of fat per serving, with up to five grams of saturated fat and 500 milligrams of sodium, but they are a ok source of omega 3 fats for kids.

You should bake or grill the fish, not fried.

Eat Plants: Omega 3s found in plants are different from fish ([see article](#)), but studies have found eating a plant based diet provides the essential Omega 3s. Sources include walnuts, flaxseeds, chia seeds, hemp seeds, edamame, seaweed, and algae. Other green leafy vegetables and beans also contain small amounts. Plants are cheaper than fish and do not contain much saturated fat and any mercury that is found in some fish.

Fish Oils Pills: Although fish oil supplements have been touted as a cure for everything from heart problems to arthritis, current research shows that there may not be any benefits to taking the supplement.

Bigger Nutritional Principle-Eat a Healthy Plant Based Diet with Fish a couple times per week.