

Omega-3 Fats

What are omega-3 fats?

Omega-3 fats are healthy fats. It is important to get them from food because our bodies cannot make them. The 3 main types of omega-3 fats are:

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

EPA and DHA are found in animal sources (fish) and ALA is found in plant sources (nuts and seeds).

Some of their health benefits include lowering risk of heart disease, blood pressure, triglycerides (fats in your blood), inflammation, and dementia.



Photo from Unsplash.com

These resources will help you learn how to include more omega-3 rich foods in your diet:

- What's the Difference Between Omega-3 and Omega-6 Fats?
<https://www.unlockfood.ca/en/Articles/Fat/What%E2%80%99s-the-difference-between-omega-3-and-omega-6>
- Omega-3 Fats for Heart Health:
<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-omega-3-fats-for-heart-health.pdf>
- Mercury in Fish - Questions and Answers:
<https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/chemical-contaminants/environmental-contaminants/mercury/mercury-fish-questions-answers.html>

