

All Things Omega 3

What is all the rage with Omega 3's? Must they be combined with Omega 6's? Why do some people have issues with higher ratios of Omega 6's? Can I just take a supplement?

Overview

Omega-3s are a family of essential fatty acids that play important roles in your body and may provide a number of health benefits

As your body cannot produce them on its own, you must get them from your diet. Having an omega-3 deficiency means that your body is not getting enough omega-3 fats. This may put you at risk of negative health effects.

The three most important types are ALA (alpha-linolenic acid), DHA (docosahexaenoic acid), and EPA (eicosapentaenoic acid). ALA is mainly found in plants, while DHA and EPA occur mostly in animal foods and algae.

Common foods that are high in omega-3 fatty acids include fatty fish, fish oils, flax seeds, chia seeds, flaxseed oil, and walnuts.

The three main omega-3 fatty acids in your diet are ALA, EPA, and DHA. While the latter two are primarily found in animal foods, ALA occurs in many plant foods.

There are many Omega 3 supplements on the market, but please know that the fish oil capsules can go rancid, which means it has oxidized and degraded and be unsuitable for consumption due to improper storage, or if its expiry date is due.

Even though the optimal dietary ratio of omega-6 to omega-3 has been suggested to be a 2-to-1 ratio or less, most Americans have a dietary omega-6 to omega-3 ratio that ranges between 10-to-1 and 25-to-1.

This is because people in the United States tend to eat more omega-6-rich vegetable oils like corn, sunflower, and soybean, found in virtually all processed foods, and less omega-3-rich foods like fatty fish.

Omega 3' vs Omega 6's

Omega-3 fats are essential fats that have important benefits for your heart, brain, and metabolism. While omega-6 fats provide your body with energy, it's important to consume more omega-3s than omega-6s. Omega-3 fatty acids may aid cell growth and inflammatory regulation, while omega-6 fatty acids can help support skin and hair health. Omega-3 fats have an anti-inflammatory response and help counteract the effects of cellular inflammation and defend against diseases.

Omega-6 fats have a shorter chain of carbon atoms linked together than omega-3s, which are considered long-chain. To improve the ratio of omega-3 fats to omega-6 fats, eat more omega-3s, not fewer omega-6s.

Wild vs Farm Raised

Farm-raised salmon is less healthy than wild-caught salmon. It has more calories, twice the fat content, and over 20% more saturated fat. Additionally, farm-raised salmon may contain higher levels of contaminants such as PCBs, dioxins, and pesticides. These contaminants have been linked to health problems such as cancer, developmental delays, and immune system dysfunction. Persistent organic pollutants (POPs) found in farm-raised salmon have also been linked to type-2 diabetes, obesity, and an increased risk of stroke in women. Farm-raised fish may also contain industrial chemicals and artificial coloring

Omega 3 can be measured however most physicians do not. Below are five signs/symptoms that you may be low in Omega 3's.

Currently, most clinicians do not assess omega-3 status, but it can be done by measuring individual omega-3s in plasma or serum phospholipids and expressing them as the percentage of total phospholipid fatty acids by weight.

- Skin irritation and dryness
- Depression
- Dry eyes
- Joint pain and stiffness

Foods rich in DHA and EPA include:

- fatty fish like salmon, mackerel, trout, anchovies, tuna, sardines, and herring
- shellfish like oysters, clams, and mussels
- caviar (fish eggs)
- eggs, meat, and dairy from pasture-raised animals contain small amounts

Highest Omega 3 sources:

If you want to add more omega-3s to your diet, eat more fish. This will give you the biggest dose of EPA and DHA. Choose fish that have the highest amounts of omega-3s, including:

- Mackerel.
- Wild salmon.
- Herring.
- Bluefin tuna.
- Lake trout.
- Anchovies & Sardines.
- Albacore tuna.
- Lake whitefish (freshwater).

LINKS:

How To Pick Fish High in Omega-3 and Low in Mercury [Fish High in Omega-3 and Low in Mercury \(clevelandclinic.org\)](#)

17 Science-Based Benefits of Omega-3 Fatty Acids [17 Science-Based Benefits of Omega-3 Fatty Acids \(healthline.com\)](#)

Omega-3 foods: Incorporating healthy fats into your diet [Omega-3 foods: Incorporating healthy fats into your diet - Harvard Health](#)

What Are Omega-3 Fatty Acids? [Omega-3 Fatty Acids: Benefits and Supplements \(webmd.com\)](#)

Omega-3-6-9 Fatty Acids: A Complete Overview [Omega-3-6-9 Fatty Acids: A Complete Overview \(healthline.com\)](#)

5 Signs and Symptoms of Omega-3 Deficiency [5 Signs and Symptoms of Omega-3 Deficiency \(healthline.com\)](#)

Reading List:

Omega 3: The Ultimate Guide to Super Nutrient for Living Longer, Happier, and Healthier Steve W. Bauer (Author), John Hays (Narrator), Author's Republic (Publisher) <https://a.co/d/0e26iFVk>

The Omega-3 Fatty Acids Handbook: Unlocking the Health Benefits, Practical Tips, and Essential Knowledge, A Comprehensive Guide to Omega-3 Fatty Acids for Those New to Their Remarkable Benefits Paperback by Anita Jones (Author) <https://a.co/d/0aD7zv5s>