



Life Habit Week 4

Add Omega 3 Fatty Acids

How much Omega 3 Fat do I add?

Approx. 1-3 grams per day

Choose 1 omega 3 source per day (approx. 1 g serving):

- Walnuts (¼ cup)
- Flax Seed Oil (1 Tbsp)
- Ground Flax Seeds (1Tbsp)
- Fatty Fish (4 oz.) Salmon, Halibut, Herring
- Fish oil capsules 1000mg (1 capsule)
- Eggs with w/Omega 3 (2)
- Natural Peanut Butter w/flaxseed (1 Tbsp)

Why eat this way?

Essential Fatty Acids (EFAs) are necessary fats that humans cannot synthesize, and must be obtained through diet. They are essential for basic physical processes, including weight management. Some of the benefits include: lower risk of heart disease, lower blood pressure, lower cholesterol, reduced risk of diabetes, and reduced arthritis pain.

Make it Happen:

1. Start by throwing out foods that contain trans-fats that are in your home right now. Go through the cabinets, refrigerator, freezer, pantry, and any other place you keep food (don't forget about the car, work, etc.)
2. Grocery shop for a few different Omega-3 & 6 fat sources of your choice.
3. Suggestions for getting your fatty acid intake:
 - ~ add ground flaxseed to your cereal, yogurt, or vegetables.
 - ~ use flaxseed oil on your salads and cooked vegetables
 - ~ add walnuts to your salads OR eat a handful as part of a meal
 - ~ Salmon fillets are available at most grocery stores
4. In many recipes calling for vegetable shortening, replacing the shortening with half as much virgin olive oil, and a very small pinch of extra salt, often yields similar results.
5. Replace oily snack foods, like potato chips and corn chips, with nuts and seeds.