



Essential Fatty Acids for Health

Presented by:

Introduction

There are two main types of fat: unsaturated and saturated. Unsaturated fats include monounsaturated polyunsaturated.

Choosing natural unsaturated fat options are better for your health. The Canadian Government Food guide suggests the intake of 2-3 tablespoons or 30-40ml of unsaturated fats per day. Monounsaturated fat can be found in avocados, nuts



and seeds and vegetable oils such as canola, olive, peanut, safflower, sesame, and sunflower. Polyunsaturated fat comes from fatty fish such as trout, salmon, mackerel and herring. Also from seeds and vegetable oils.

An unsaturated fat is a fat or fatty acid. An essential fatty acid is omega-3. Omega-3 fatty acids are considered essential, as they are necessary for normal human growth and body maintenance. They are not produced by the body and need to be consumed from one's diet.

Omega-3 fatty acids come in three forms: ALA, DHA, and EPA. The omega-3 EPA and DHA forms are primarily found in fish, while ALA comes from plants. The most common way of accessing ALA is through flax seeds and walnuts. When a person ingests ALA foods, the body can convert ALA to DHA and EPA forms of fatty acids.

There is a lot of ongoing research related to the health benefits of omega-3 fatty acids. Here are some of the results. Omega-3 fatty acids may help lower triglycerides. This is beneficial for people concerned about heart attacks and stroke. However, before taking fish oil supplements consult a doctor, as high does may increase ones risk of bleeding. Fish consumption is health however some fish may have an accumulation of heavy metals, like mercury in their tissue.

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QUESTION:

How many types of fat are there?

- a) 2
- b) 3
- c) 4
- d) 5

ANSWER:

- a) 2

FACT:

The two main types of fat are:

unsaturated and saturated

TRUE OR FALSE:

Choosing natural unsaturated fat options are better for your health

ANSWER:

True

As well, some researchers believe omega-3 fatty acids may help with brain function and



issues like depression, ADHD, Alzheimer's disease, and dementia.

For further information consult your government's food guide.
www.nutrition.gov and
www.hc-sc.gc.ca.

Facts:

- There are two forms of fat: unsaturated and saturated.
- Unsaturated fats include monounsaturated and polyunsaturated.
- Omega-3 is a component of unsaturated fat that is generally good for your health.
- Omega-3 fatty acids are necessary for normal growth in young children and animals.

- Omega-3 fatty acids are called essential as they need to be consumed from ones diet.

- These fatty acids come in three forms ALA, EPA and DHA.

- The common source of EPA and DHA fatty acids is marine animals, especially fish.

- The common source of ALA is from plants like walnuts and flax seeds.

- Omega-3 fatty acids have many health benefits.

- They may help lower triglycerides and blood pressure.

- They may help reduce the risk of stroke, heart disease and heart attack.

- They may help with rheumatoid arthritis.

- They may help with depression, ADHD and dementia.

- They may help with visual and neurological development in infants.

- Omega 3 fatty acids should be part of a healthy diet.

- Consult your doctor to ensure your intake is right for you.

Quote to Inspire

"I eat really healthy, and if I'm tired, I take a nap"

- Casper Van Dien

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