



# OMEGA 3

## Did you know???

Omega 3's are essential polyunsaturated fats used to make hormones that communicate between cells. They help balance your immune response and regulate blood pressure. Alpha-linoleic acid (ALA) is the parent omega 3 that you can make other omega 3's from. EPA & DHA are longer chain omega 3's that are made from ALA. These fats are anti-inflammatory and play a role in brain and eye health.

## NUTRITIONAL FACTS

FOOD	QTY	OMEGA 3	DAILY %	CARBS	PROTEIN	CALS
Walnuts	30g	2.7g	170%	4.1g	4.6g	196
Salmon	100g	2.7g	168%	0	25.4g	182
Sardines	100g	2.6g	163%	0	25.g	195
Flax seeds	1 Tbsp	2.4g	150%	3	1.9g	56
Chia Seeds	1 Tbsp	1.8g	111g	4.2g	1.7g	48
Canola Oil	1 Tbsp	1.2g	78%	0	0	120
Mussel	100g	0.9g	59%	7.4g	23.8g	172
Hemp seed	1 Tbsp	0.9g	58%	0.9g	3.2g	55
Oysters	100g	0.8g	51%	5g	9.5g	81
Octopus	100g	0.4g	24%	4.4g	29.8g	164

1. [www.Cronometer.com](http://www.Cronometer.com)