



# Live Well, Work Well

Most Americans are omega-3-deficient because of the majority of refined and over-processed food in our diets.

## OMEGA-3/FISH OIL

Believe it or not, there is one type of fat experts agree you should get more of in your diet. This special fat, called omega-3, isn't produced by the body and must be consumed through the food we eat. Unfortunately, most of us aren't eating enough of it.

Fish is nature's most abundant source of the essential fat omega-3. Fish concentrate this special fat when they eat algae and other marine life.

### Health Benefits

Most noted for its ability to reduce the risk of cardiovascular disease, omega-3 has also been shown to reduce blood pressure, reduce inflammation, inhibit cancer growth and help alleviate depression. There is also compelling evidence to suggest that omega-3 fats may be especially beneficial to those with diabetes.

### Recommended Servings

Most experts agree that everyone should consume two or more servings each week of fatty fish such as salmon, herring, whitefish, tuna, rainbow trout or sardines.

If you don't like fish or you have a higher need for omega-3 fats, use fish oil supplements.

To obtain the equivalent of two fatty fish meals per week, a supplement containing 600 mg of omega-3 fat can be taken each day. To find out the actual amount of omega-3 fat in a fish oil supplement, check the label and add the EPA and DHA and "other omega-3."

According to the American Heart Association

(AHA), people with heart disease should consume 1,000 mg of omega-3 fat daily.

Although this could be achieved by eating two 3-ounce pieces of fatty fish each day, this is unrealistic for most people and might unnecessarily increase your exposure to the environmental pollutants found in fish. In this case, fish oil supplements are the most reliable way to get the daily requirement for omega-3 fat.

### Safe Use of Supplements

Remember that you can have too much of a good thing, and this is true for fish oil supplements. A few important precautions to follow if you take fish oil supplements include the following:

- Don't take fish oil supplements if you use blood thinning medications.
- For purity, choose a pharmaceutical grade product.
- Stop taking fish oil or other dietary supplements two weeks before surgery.
- If you take fish oil supplements, do so under your doctor's supervision.

Overall, remember that good fats compete with bad fats. Limit consumption of trans fat, saturated fat and cholesterol, and increase your intake of good fats, like omega-3 and other essential fatty acids. They can actually help repair some of that damage those bad fats are causing.

