

Omega-6 and Omega-3 Fatty Acids...

Are both “essential fats”, meaning the body needs them to function properly and they can only be obtained through food (the body does not make them).

A healthy ratio of omega-6 to omega-3 falls between 1:1 and 4:1. Due to an abundance of processed foods (seed oils) that ratio in the SAD is 17:1.

Healthy sources of fat include nuts/seeds, fatty fish (salmon), and some fruits & vegetables (avocado, olive oil, coconuts, soybeans, plantains).