ARE YOU GETTING ENOUGH OMEGA-3s?

YOU NEED THREE KINDS OF OMEGA-3s: EPA, DHA AND ALA

- ALA: Walnuts • Flax • Chia
- EPA: Fatty fish • EPA + DHA fortified food • Fish oil, krill oil, algae supplements
- DHA: Fatty fish • EPA + DHA fortified food • Fish oil, krill oil, algae supplements

Most Americans get enough ALA, but...

95% OF AMERICANS DON’T GET ENOUGH EPA AND DHA

Many health professionals recommend

250-1,000 MG/DAY

The average American intake of EPA+DHA is only

113 MG/DAY

WHY DO EPA AND DHA MATTER?

- MAINTAINS HEALTHY TRIGLYCERIDES
- SUPPORTS HEART HEALTH
- MAINTAINS HEALTHY BLOOD PRESSURE
- SUPPORTS BRAIN HEALTH
- PROMOTES EYE HEALTH

THE BOTTOM LINE: Not all omega-3s are created equal. Simply getting ALA from chia, flax, and walnuts is not enough! You need to directly consume EPA and DHA from fatty fish or omega-3 supplements to reap the overall health benefits.

SOURCES: http://alwaysomega3s.com/infographic-references