

## Omega-3 For A Healthy Life

Consuming omega-3 sources is essential to maintain our lives. Since omega-3 fatty acids cannot be synthesized in the body, they should be provided from other sources. During the first years of life omega-3 fatty acids are being provided by the breastmilk. In order to increase the amount of omega-3 fatty acids in breast milk, mother should be consuming the sources of omega-3 fatty acids. Since omega-3 fatty acids are crucial in the early development and through out the life, individuals diets should be supported with this vital nutrient.

- It helps the development of intelligence in babies. It is very important to feed the baby with breast milk for the first 6 months.
- It increases the comprehension ability of children in school period and ensures success in lessons.
- Prevents skin wrinkles the elderly persons.
- Omega-3 sources prevents anxiety and depression. It helps to feel well psychologically.
- Eating sources of omega-3, reduces the risk of heart disease and helps lower bad cholesterol.
- It prevents the development of diabetes.

### Which foods contain omega-3 fatty acids?

Omega-3 deficiency concerns all age groups. The requirement is much more for people who eat irregularly, consume amount of large food, and have diet far from natural foods. Today, to get enough omega-3s from food is difficult. Fish consumption is the most important for omega-3 requirement. However, fish consumption is significantly reduced at the end of the winter season.

- Omega-3 has different forms. EPA and DHA forms are the most important forms for us.
- The best source of omega-3 is salmon. At the same time, it is possible to take omega-3 fatty acids into our body with foods such as lean-canned tuna (can be consumed maximum 2 times a week), mackerel, walnut, flaxseed, purslane.
- If you don't like consume fish twice a week, try to eat 3 whole walnuts every day
- Flaxseed is an alternative to omega3 sources. You can consume about 1 teaspoon of ground flaxseed mix with yogurt or adding it to your salads. But flaxseed is a risky food, especially it is important for pregnant women and lactating women to consult their doctor before consuming flaxseed.
- Providing omega-3 from the content of foods is always the best option. However, if it is not possible through food, you can take supplements.
- If you are going to take omega-3 as a supplement, make sure that the EPA / DHA ratio is 3/2 and its multiples. As the rate increases, the rate of utilization of the

body, which we call bioavailability, increases. Take care to choose a phospholipid structure instead of a triglyceride form. The presence of beta carotene in its structure, is also one of the factors that increase absorption, is benefit for the body.

- The best sources of beta carotene are orange vegetables and fruits; apricots, zucchini, pepper, especially carrots. Eating these foods with Omega-3 sources will increase your body's absorption.

