

## **Background on Omega-3's and long-chain Omega-3's**

### **The Current Situation**

Scientific research shows Omega-3's have major roles in influencing growth and development, cardiovascular disease, brain development and function, diabetes and inflammatory diseases, including arthritis.

Authorities and leading scientists tell us that most people do not consume enough Omega-3's for optimal health.

New recommendations for daily intakes of long chain Omega-3's have recently been released by Australian and New Zealand health authorities.

### **What are they?**

Omega-3's are a type of polyunsaturated fat. The Omega-3 (called ALA) found in Canola Oil, walnuts and linseeds need to be converted to the long-chain Omega-3's, to be used effectively by the body. As this conversion is inefficient, it is best to also include long-chain Omega-3's in the diet (i.e. abbreviated as DHA, EPA and DPA).

### **Requirements**

*To prevent a deficiency* of long-chain Omega-3's, health authorities recommend 90mg per day for women, and 160mg per day for men.

*To lower chronic disease risk* however, much more long chain omega 3's are recommended: 430mg per day for women, and 610mg per day for men.

### **Where are they found?**

Long chain Omega-3's are found in so few foods. Most Australians consume less than a quarter of their optimal intake.

### **Suggestions to increase long-chain Omega-3's (EPA and DHA) to reach the new recommendations**

Consume fish and seafood (a minimum of two times per week) and choose food varieties enriched with long-chain Omega-3's, (where possible). Fish oil or fish oil supplements may assist if requirements cannot be met by food.

Note: Some fish varieties have higher levels of Omega 3 content. Oily fish has the highest levels, ie. Kippers, Mackerel, Sardines, Salmon and Herring.