

# Omega 3 Fatty Acids and Flaxseed

The American Heart Association (AHA) recommends eating foods with omega 3 fatty acids because they are healthy for our hearts and also help lower triglyceride levels and blood pressure.

**Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA):** are omega 3 fatty acids found in fatty fish like tuna and salmon. The AHA recommends eating a variety of fatty fish at least twice per week up to about 12 oz.

**Alpha-linolenic acid** which is found in plant sources like flaxseed and walnuts can become omega 3 fatty acid in our body. Canola and soybean oils are also sources of alpha-linolenic acid.

We recommend getting omega 3 fatty acids from the foods you eat rather than in capsules or supplements. It is not recommended for children to take these supplements unless prescribed by your doctor. It is also recommended that young children **do not eat** fish such as Shark, Swordfish, Mackerel, and Tilefish and to limit “white” tuna to 3-6 oz per week due to higher mercury levels. Local fish such as Bass, Bowin (black fish), and Catfish (wild) may also have high mercury levels. Check your local advisories about the safety of locally caught fish.

0.5-1.8 grams per day of EPA and DHA and 1.5-3 grams per day of alpha-linolenic acid are considered beneficial for heart health. Below are some sources of Omega 3 fatty acids and the amounts.

Food*	Amount of Omega 3 (g)
Salmon, cooked (baked or grilled)	1.8 g per 3 oz
Tuna, light, canned in water, drained solids	.23 g per 3 oz
Shrimp, cooked ( steamed or grilled)	.27 g per 3 oz
Pollock	.45 g per 3 oz
Flaxseeds	3.5 g (alpha linolenic acid) per 2 tbs
Walnuts	2.27 g (alpha linolenic acid) per ¼ c

\* **Remember to bake or grill fish; omega 3 acids are not found in fried fish**

Enjoy a recipe for **Blueberry Flax Pancakes**



## INGREDIENTS:

1 ½ cups dry pancake mix                      2 eggs ( or 4 egg whites for lower fat version)  
 ½ cup flax seed meal                            1 cup fresh or thawed frozen  
 1 cup skim milk                                    blueberries

## DIRECTIONS:

1. Set nonstick skillet over medium heat
2. In a medium bowl, stir together the pancake mix and flax seed meal. In a separate bowl or measuring cup, whisk together the milk and eggs. Pour the liquid into the dry ingredients and stir until moistened.
3. Spoon ¼ cupful of batter onto hot skillet. Sprinkle with as many blueberries as desired. Cook until bubbles appear on the surface, then flip and cook until browned on the other side.

## Nutrition Info (per serving- 2-3 pancakes)

Calories: 355 / Protein: 13.6 g / Fat (using whole eggs): 10.3 g / Carbohydrate: 53.4g / Fiber 6.4 g  
 Calcium: 356 mg/ Sodium: 798 mg