

OMEGA 3 FATTY ACIDS

What are omega-3 fatty acids?

They are a group of fats that are essential to the functioning of our bodies. Since our bodies cannot manufacture them on their own, we must consume them in our food in order to utilize them.

What are the benefits of omega-3 fatty acids?

Omega-3 fatty acids play an important role in calming inflammation in the body. This is important because chronic inflammation can promote arthritis, heart disease, type 2 diabetes and other serious health conditions. The foods listed here are quality sources of omega-3.

Salmon



Shrimp



Walnuts



Sardines



Halibut



Flax Seeds



Scallops



Tuna



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