

GO FISH!

The Heart-Healthy Benefits of Omega-3s

Cutting The Fat From Your Diet? Not So Fast.

Although many diets encourage people to limit their fat intake, omega-3 fatty acids are one kind of fat that deserves a place on your plate.

Not All Fat Is Created Equal

Omega-3 fatty acids are a particularly potent type of polyunsaturated fat, which can help lower your cholesterol and reduce your risk for heart disease. Omega-3s also lower blood pressure and triglycerides (a type of fat in the blood).

Good Fat

Because certain kinds of fish are high in omega-3s, the American Heart Association recommends eating at least two servings of fish per week. Cold-water fish are the best choice because they have more omega-3s than other fish. You can get your share from salmon, mackerel, tuna, halibut, lake trout, sardines, and others. Some plant sources, such as soybeans, walnuts, and canola oil, also have omega-3s. The fatty acids found in plants are less potent than those in fish, but are still a good choice for your heart.



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