

Why Should I Take Omega 3? Where Can We Find It?

Marta Jimenez Hernando*

Department of Human Nutrition and Human Dietetics, Spain

***Corresponding Author:** Marta Jimenez Hernando, Department of Human Nutrition and Human Dietetics, Spain.

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Omega 3 fatty acids are polyunsaturated fatty acids. They have proven essential allies of our cardiovascular health, reducing cholesterol and blood pressure. In addition, they improve defenses, prevent vision loss, protect against diseases such as diabetes and cancer. And more benefits are still being investigated.

What are the omega 3 fatty acids?

Alpha-linolenic acid, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are the most important omega 3 fatty acids, together with Alpha Linolenic acid (ALA) for our health. These nutrients are part of the cell membranes and are therefore necessary for the growth and repair of cells. omega 3 cannot be synthesized by the body. From alfa linolenic acid we can obtain small amounts of EPA and DHA, however, if we want in our body adequate levels of omega 3, it is key to go to food to achieve it. Omega 3 fatty can be found in fats and oils of animal and vegetable origin.

The current recommendations suggest an intake of omega 3 that represents between 0.1 and 1% of daily energy intake, which could be covered with about 250 mg of this type of fat daily.

What are its benefits?

- Anti-inflammatory effect and its positive effect on the immune response.
- Heart-healthy effect: because it helps reduce blood triglycerides and cholesterol levels and helps improve blood pressure.
- Prevention of diseases such as obesity, type 2 diabetes, rheumatoid arthritis and certain types of cancer.
- The intake of this nutrient is associated with greater protection of brain functions.
- Omega 3 play an important role in regulating the formation of new blood vessels (angiogenesis).

Main sources of omega 3

ALA or alpha linolenic acid predominates in plant sources such as nuts, seeds and some vegetable oils such as canola or walnut, while docosahecanoic and eicosapentanoic acid are the most beneficial, are found primarily in fish fat.

Therefore, we can obtain omega 3 flax or chia seeds that are among the most concentrated sources in this type of fat, nuts such as peanuts and peanut butter, or soybean, canola or walnut oils as well as fish fatty or blue inside which are examples such as salmon, cod, sardines, anchovies, herring, mackerel or tuna.

With these ingredients included in the usual diet and various preparations based on them we will achieve an adequate intake of omega 3 in our day to day.

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