



Omega-3 and Omega-6 Fatty Acids

Omega-3 and omega-6 fatty acids are essential nutrients that play a crucial role in maintaining overall health. While both are beneficial, it's important to strike the right balance between the two.

Key Points

- **Omega-3 Fatty Acids:** These polyunsaturated fats are known to support heart health, brain function, and reduce inflammation. They are primarily found in:
 - **Fatty fish:** Salmon, mackerel, herring, sardines, tuna
 - **Plant-based sources:** Flaxseeds, chia seeds, walnuts, soybeans, algae
- **Omega-6 Fatty Acids:** While essential, excessive intake of omega-6 fatty acids can lead to inflammation. They are commonly found in:
 - **Vegetable oils:** Soybean oil, corn oil, sunflower oil
 - **Nuts and seeds:** Sunflower seeds, sesame seeds, pumpkin seeds
 - **Meat and poultry**



Tips for Optimal Intake

- **Incorporate Fatty Fish:** Aim to eat fatty fish at least twice a week.
- **Choose Plant-Based Sources:** Include flaxseeds, chia seeds, and walnuts in your diet.
- **Opt for Healthy Oils:** Use olive oil or avocado oil for cooking.
- **Limit Processed Foods:** Reduce consumption of processed foods high in unhealthy fats.

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