



Omega-3 Fatty Acids

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What are Omega-3 fatty acids?

Omega-3 fatty acids are _____ that are found in various foods.

The three forms of Omega-3 fatty acids are:

- 1.
- 2.
- 3.

_____ and _____ are found in the brain.

How do Omega-3 fatty acids promote health?

Strong scientific evidence shows that Omega-3 fatty acids are important for promotion of health in the _____, and prevention of symptoms of _____ and _____ by acting in the brain.

What foods are Omega-3 Fatty Acids found in?

Put a star next to the foods you would enjoy incorporating the most.

| Animal sources | Plant sources |
|---|---|
| <ul style="list-style-type: none">••••••• | <ul style="list-style-type: none">••••••• |

Recommended preparation and cooking methods for Omega-3 rich foods that you would like to try –



Omega-3 Fatty Acids Foods

| Food | 1 Grams per serving | | |
|--|---------------------|------|------|
| | ALA | EPA | DHA |
| Flaxseed oil, 1 tbsp | 7.26 | | |
| Chia seeds, 1 ounce | 5.06 | | |
| English walnuts, 1 ounce | 2.57 | | |
| Flaxseed, whole, 1 tbsp | 2.35 | | |
| Salmon, Atlantic, farmed cooked, 3 ounces | | 1.24 | 0.59 |
| Salmon, Atlantic, wild, cooked, 3 ounces | | 1.22 | 0.35 |
| Canola oil, 1 tbsp | 1.28 | | |
| Salmon, pink, canned, drained, 3 ounces* | 0.04 | 0.63 | 0.28 |
| Soybean oil, 1 tbsp | 0.92 | | |
| Mayonnaise, 1 tbsp | 0.74 | | |
| Edamame, frozen, prepared, ½ cup | 0.28 | | |
| Shrimp, cooked, 3 ounces* | | 0.12 | 0.12 |
| Tuna, light, canned in water, drained, 3 ounces* | | 0.17 | 0.02 |
| Kidney beans, canned ½ cup | 0.10 | | |
| Ground beef, 85% lean, cooked, 3 ounces** | 0.04 | | |
| Bread, whole wheat, 1 slice | 0.04 | | |
| Egg, cooked, 1 egg | | 0.03 | |
| Chicken, breast, roasted, 3 ounces | | 0.02 | 0.01 |
| Milk, low-fat (1%), 1 cup | 0.01 | | |

*Except as noted, the USDA database does not specify whether fish are farmed or wild caught.

**The USDA database does not specify whether beef is grass fed or grain fed.



Identifying or Adapting a Recipe with Omega-3 Fatty Acid

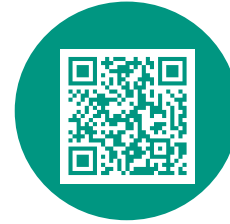
Select a recipe you would enjoy from a website or have enjoyed in the past and if needed modify it to include foods high in Omega-3. Below are some recipe websites if you want to discover a new recipe. Tip for searching websites: Using the search feature, you can search for a recipe by an ingredient (i.e. Salmon) or nutrient (i.e. Omega-3).



BBC Good Food



All Recipes



Simply Recipes

Recipe you would like to try:

Identify the food(s) containing Omega-3 Fatty Acids in the recipe and list their in one serving (i.e. Salmon, 3 ounces):

Using the table on the first page, estimate the amount of Omega-3 Fatty Acids found in one serving:

Was the food you identified above a part of the original recipe or was it added by you to adapt the recipe?

Other recipes you would like to try:

Omega-3 Fatty Acids Debrief

Consider the following questions on promoting Omega-3 Fatty Acids in your diet:

- Discuss tips for making food high in Omega-3 fatty acids more appetizing.
- Where to buy food containing Omega-3 fatty acids at a reasonable cost.
- Strategies to encourage family members to eat foods containing Omega-3 fatty acids.



RENEWU BODY: OMEGA-3 FATTY ACIDS

Please provide your feedback for this session.



Thank you for your feedback!

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