



Omega-3 fatty acids

What are omega-3 fatty acids?

Omega-3 Polyunsaturated Fatty Acid (PUFA) is a type of healthy fat found in a variety of foods. Including PUFA as part of a healthy diet may reduce the risk of heart disease and stroke by:

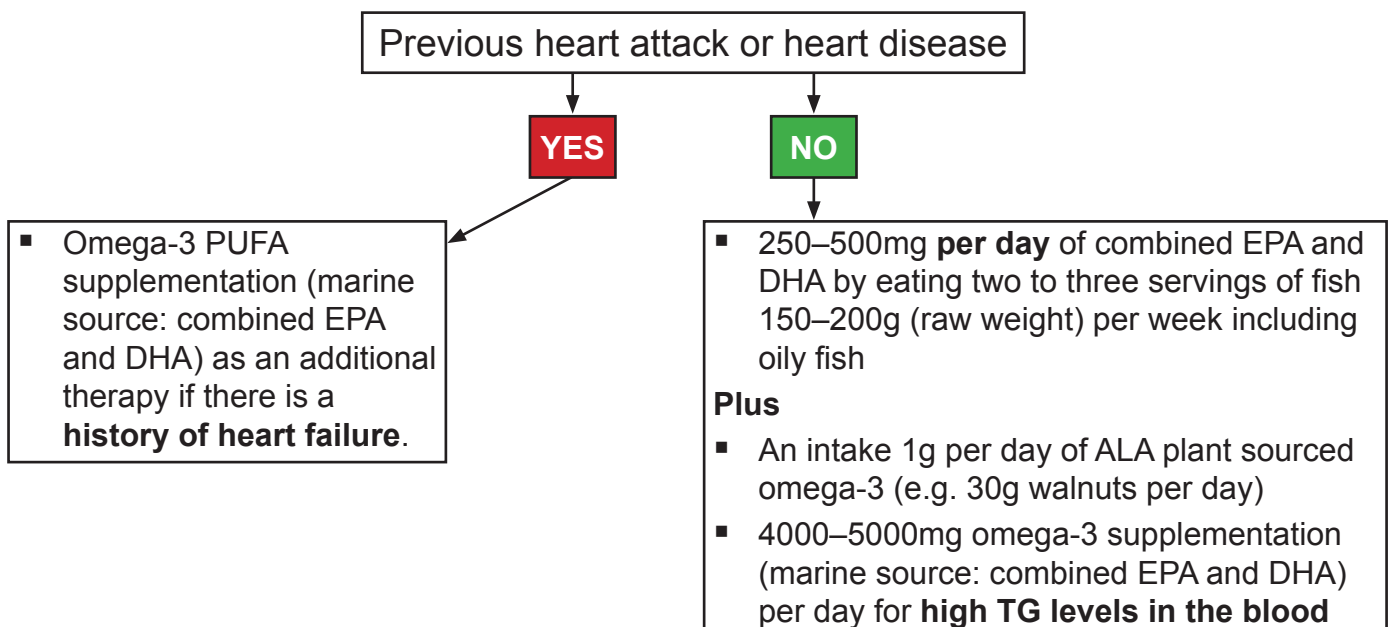
- ✓ Reducing Triglycerides (TGs) (an unhealthy fat in the blood)
- ✓ Decreasing LDL (bad) cholesterol levels
- ✓ Increasing HDL (good) cholesterol levels
- ✓ Thinning the blood (which may reduce blood clot formation)
- ✓ Reducing inflammation in the body

There are three main types of omega-3 fatty acids:

Omega-3 fatty acid	Health benefits	Food sources
ALA (α -Linolenic acid)	Protect against heart disease	<ul style="list-style-type: none"> ▪ Canola ▪ Linseed / Flaxseed ▪ Chia ▪ Walnuts ▪ Soybean and Soy products ▪ Omega-3 enriched eggs 
EPA (Eicosapentaenoic acid)	Lower triglycerides (TGs)	<ul style="list-style-type: none"> ▪ Oily fish and some seafood ▪ Fish oil supplements ▪ Seaweed ▪ Marine algae supplements (e.g. Spirulina*) ▪ Omega-3 enriched eggs 
DHA (Docosahexaenoic acid)		




* If you plan to start taking marine algae supplements and have a known autoimmune condition, it is important to **tell your doctor, GP or pharmacist**.

Recommendations for omega-3 PUFA: prevention and management of heart disease



How to achieve adequate intake of EPA and DHA in the daily diet






Serving size is 150g cooked unless stated otherwise *100g serve

Greater than 500mg EPH/DHA	<ul style="list-style-type: none"> ▪ Fresh and canned sardines ▪ Canned salmon ▪ Atlantic and Australian salmon ▪ Green and blue lipped mussels* 	<ul style="list-style-type: none"> ▪ Mackerel ▪ Rainbow Trout ▪ Canned tuna ▪ Silver Perch 	
Between 300–500mg EPH/DHA	<ul style="list-style-type: none"> ▪ Blue Eye Trevalla ▪ Herring ▪ Squid or Calamari* ▪ Blue Grenadier (Hoki) 	<ul style="list-style-type: none"> ▪ Trevally ▪ Snapper ▪ Oysters* ▪ Fresh tuna 	
Less than 300mg EPH/DHA	<ul style="list-style-type: none"> ▪ Australian Bass ▪ Flathead ▪ John Dory 	<ul style="list-style-type: none"> ▪ Scallops* ▪ Prawns* ▪ Octopus* 	

Adapted from National Heart Foundation omega-3 guidelines www.heartfoundation.com.au.

How to achieve adequate intake of ALA in the daily diet

The following options provide **1g of ALA**:

Flaxseed (linseed) or chia seed 	<ul style="list-style-type: none"> ▪ Add 2–3 teaspoons ground linseeds, chia seeds or LSA (Linseed, Sunflower and Almond Meal) to breakfast cereal or a smoothie ▪ Add 1 teaspoon of flaxseed oil to a salad
Walnuts 	<ul style="list-style-type: none"> ▪ Eat a small handful of walnuts (30g, around 15 halves) Z for a snack
Soybean and soybean oil 	<ul style="list-style-type: none"> ▪ Add 150g of cooked or sprouted soybeans to soups or salads ▪ Occasionally cook with 1 tablespoon of soybean oil
Canola oil or margarine 	<ul style="list-style-type: none"> ▪ Cook with 1 tablespoon of canola oil ▪ Spread 1 tablespoon (e.g. Flora Canola or Meadow Lea Canola) on 2 slices of soy and linseed bread
Tofu 	<ul style="list-style-type: none"> ▪ 200g tofu added to a vegetable stir-fry

Reading the label for EPA and DHA

NUTRITION INFORMATION (WHEN DRAINED)		
SERVINGS PER PACKAGE:	2	
SERVING SIZE:	79g	
	QUANTITY PER SERVING#	QUANTITY PER 100g#
ENERGY	500kJ	634kJ
PROTEIN	18.0g	22.8g
FAT, TOTAL	5.2g	6.6g
- SATURATED	1.5g	1.9g
- TRANS	0.1g	0.1g
- POLYUNSATURATED	1.7g	2.2g
- OMEGA-3	1320mg	1660mg
- EPA	526mg	666mg
- DHA	789mg	999mg
- MONOUNSATURATED	2.0g	2.6g
CARBOHYDRATE	<1.0g	<1.0g

Because EPA and DHA levels can vary between products, it is recommended to check the Nutrition Information Panel.

Choose products with higher EPA and DHA levels.



Aim for

Total EPA and DHA more than 130mg per 100g

Adding omega-3 containing foods into the diet

Meal	ALA	EPA/DHA
Breakfast		
▪ Smoothie: walnuts, flaxseed, milk, yoghurt, berries, spirulina	✓	✓
▪ Canned sardines on soy and linseed bread	✓	✓
Lunch		
▪ Omega-3 enriched eggs with soy and linseed bread, canola margarine	✓	✓
▪ Tuna salad with tomato, green vegetables, avocado and walnuts	✓	✓
Dinner		
▪ Salmon fillet with cooked vegetables and sprouted soy beans	✓	✓
▪ Pasta with mussels, a side salad with olive oil and chia seeds	✓	✓

Recommended fish oil supplements

Fish oil capsules		Number of capsules/day	
		General health*	High TGs
Blackmores Triple Strength		1	5
Nature's Way Triple Strength Fish Oil		1	5
Bioceuticals Ultra Clean 85		1	5
GNC Triple Strength Fish Oil		1	4
Swisse 4x High Strength Wild Fish Oil		1	3
Liquids		Number of teaspoons/day	
		General Health*	High TGs
Nature's Own Liquid Fish Oil		0.5	3
Melrose High Strength Fish Oil		0.5	2
Ethical Nutrients Hi Strength Fish Oil		0.5	1.5
Bioceuticals Ultra Clean 85		0.5	1.5

* General health for people who **do not meet** the daily recommendation of EPA and DHA from eating fish or seafood.

- ✓ EPA and DHA content may vary between brands.
- ✓ Read the label to check the amount of EPA and DHA per capsule/serve.
- ✓ As higher intakes of omega-3s can interact with some medications it is important to tell your doctor or pharmacist if you plan to start taking omega-3 supplements.