ARE YOU GETTING ENOUGH OMEGA-3s?

YOU NEED THREE KINDS OF OMEGA-3s: EPA, DHA AND ALA

- ALA: Walnuts • Flax • Chia
- EPA: Fatty fish • EPA + DHA fortified food
- DHA: Fish oil, krill, or algae supplements

Most Americans get enough ALA, but...

95% OF AMERICANS DON’T GET ENOUGH EPA AND DHA

Many health professionals recommend 250-1,000 MG/DAY.

The average American intake of EPA+DHA is only 113 MG/DAY.

WHY DO EPA AND DHA MATTER?

- Maintains healthy triglycerides
- Supports heart health
- Maintains healthy blood pressure
- Supports brain health
- Promotes eye health

THE BOTTOM LINE: Not all omega-3s are created equal. Simply getting ALA from chia, flax, and walnuts is not enough! You need to directly consume EPA and DHA from fatty fish or omega-3 supplements to reap the overall health benefits.

SOURCES: http://alwaysomega3s.com/infographic-references