

Essential Fatty Acids

What are Essential Fatty Acids? Essential Fatty Acids or EFAs are not made by the body and have to be consumed through diet or supplementation. There are two types of EFAs called **omega-3** and **omega-6**. We need to have a healthy balance of both. The Standard

American Diet (SAD) is full of omega-6 but not so much omega-3. EFAs help support a handful of body functions that are important for a health, helping with inflammation response, brain health, heart health, skin and cells.

What is Fish oil? Fish oil comes from fish. The fish oils are extracted from the fatty tissue of the fish. The type of fish that is used to extract fish oil are usually wild caught salmon, sardines, also herring and anchovies. Fish oils have Essential Fatty Acids and you find omega-3 in fish oils.

Possible signs of omega deficiency:

Fatigue

Poor memory

Immune weakness

Dry skin, eczema, or hair loss

Heart problems

Reproductive problems (men and women)

Mood swings or depression

Poor circulation

OMEGA-3's contain EPA (eicosapentaenoic acid) and **DHA**

(docosahexaenoic acid), these are long chain EFAs.

Food sources of omega-3 include fish and shellfish. Short chain omega-3 have something called **ALA** (alph-linolenic acid)can come from plant sources like flax oil. Our bodies have to convert the ALA into EPA and DHA. The EPA and DHA are important for brain growth, development and cognitive function.

Whether you are interested in promoting heart health, ensuring the proper growth and development of your child, or relieving pain, adequate intake of the essential fatty acids can help you achieve your goal. A well-planned plant-based diet rich in fruits, vegetables, nuts, seeds, and legumes will allow you to obtain plenty of these omega-6s and omega-3s for optimal health benefits.

Omega-3 Content of Natural Oils:

Flaxseed 53-62%
Canola 11%
Walnut 10%
Wheat germ 7%
Soybean 7%.

Plant Foods Rich in Omega-3 Fatty Acids

Ground flaxseed (flax meal)
Walnuts
Soybeans
Mungo beans (particularly high in omega-3 fatty acids)

(Information Not approved by the FDA, the above is not intended to diagnose, treat or cure disease, Always Consult with Your Physician.)

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