

Blue Sky FHT Newsletter

Focus on Omega-3

W h a t i s O m e g a - 3 ?

Omega 3 is a polyunsaturated fat that may help improve your cholesterol levels and reduce your risk for cardiovascular disease. In infants it can help with brain, eye and nerve development.

3 Types of Omega 3 Fats:

ALA - found mainly in vegetables oils, nuts and seeds and soy products.

EPA and DHA - found mainly in fatty fish.

It is best to consume 2 servings of fatty fish every week to get all the EPA and DHA we need.

WHAT ABOUT OMEGA 3 EGGS?

These eggs have EPA and DHA in their yolks.



F o o d S o u r c e s o f O m e g a 3

Food	Amount	ALA (g)	DHA/EPA (g)
Salmon	75g (2.5oz)	0.08-0.11	1.48-1.61
Sardines, canned	75g (2.5oz)	0.17-0.37	.74-1.05
Omega 3 Eggs	2 eggs	0.50-0.54	0.16-0.27
Canola oil	1 tsp (5mL)	0.42	0
Walnuts	1/4 cup (60mL)	0.64	0
Ground Flax	1tbsp (15mL)	2.46	0

Salmon Cakes with Lemon and Dill

Makes: 4 cakes

Ingredients:

1 can salmon (213g), bones removed
¼ cup green onions, finely chopped
½ red pepper, diced finely
1 cup mashed potato
3-4 tbsp fresh chopped dill
2 tbsp lemon juice
1 egg
½ tsp pepper
1 tsp canola oil or cooking spray

Directions:

In a bowl combine salmon, potato, green onions, red pepper, dill and lemon juice. Season to taste with pepper. Stir in egg. Form mixture into 4 thick cakes. Cover and refrigerate for at least 30 minutes to let flavours develop. Heat skillet with oil or cooking spray. Add fish cakes and cook for 2-3 minutes on each side. Transfer to baking dish and bake in preheated oven (350°F) for 20 minutes. Serve with lemon slices, rice and veggies.

Nutrition Facts

For 1 cake

Amount	% Daily Value
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Calories 154

Fat 6g

Saturated 1g

+ Trans 0.3g

Cholesterol 82mg

Sodium 380mg

Carbohydrate 11g

Fibre 1.0g

Sugars 2g

Protein 15g

Why take supplements?



The jury is still out on the benefit of supplementing with omega 3. We know there is benefit for reducing triglyceride levels and if you are not eating fatty fish regularly. Nutrients from food is almost always recommended before taking a pill.

To learn more about omega 3 and their benefits for you, talk to your doctor about a referral to see one of the dietitians.



Family Health Team
Équipe de santé familiale