It’s Greek to me: The Alpha of Ωmega-3

Contrary to popular belief, certain types of fats are actually good for you! Omega-3 fatty acid—a polyunsaturated fat—has a surprising amount of health benefits. These fierce fatty acids keep your heart and brain strong by improving blood circulation. Researchers are exploring the potential of using Omega-3’s to prevent certain conditions like depression and anxiety. This type of fat is not to be feared.

Omega-3 fatty acids are an essential part of your diet because our bodies do not make them. Some great sources include salmon, tuna, canola oil, walnuts, flaxseeds, edamame, and tofu. To reap the benefits of Omega-3’s, choose one serving of these foods from the dining hall two to three times per week.

Outstanding omega-3 options:

- **SAVOR SALMON:** Select a 4-ounce portion of salmon about the size of a deck of cards.
- **POPEYE’S PICK:** Make your favorite salad on a bed of a ½ cup of fresh spinach.
- **TOP YOUR TOAST:** Top whole-wheat toast with 4 ounces of tuna.
- **SOY JOY:** Try 4 ounces of the tofu stir-fry.
- **NOSH SOME NUTS:** Sprinkle 1 ounce (14 halves) of walnuts on top of your Greek yogurt.
- **MENU MANIA:** Check out the dining hall’s menu at food.rutgers.edu to see when fish high in omega-3 fatty acids are available.

If you are not a fan of fish, you can opt for a fish oil supplement. Read the label and make sure your supplement contains 1 gram of DHA and EPA combined. Take it two times a week, with a meal containing some fat to maximize absorption.

I’ve been Herring a lot about Omega-3s!

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References:

Questions? Post on our Facebook (RU Healthy Dining Team), Twitter (@RUHDT), Instagram (@RU_HDT), SnapChat (RU_HDT) or e-mail us at peggy_p@dining.edu. Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis and past newsletters, visit our web page at http://food.rutgers.edu.