

OMEGA'S BY THE NUMBERS



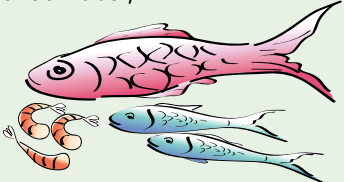


All "omega's" are not alike (and you need some of each!)

The "omega" fatty acids refer to polyunsaturated fatty acids (PUFA), of which there are two main types: omega-6 and omega-3 fatty acids. These fats are called often "essential" because the body needs them, but generally cannot make them. So, to get these nutrients, they must be in the diet. To complicate the issue, there are three nutritionally important omega-3 fatty acids (ALA, DHA, and EPA), and you need to have all three.

This reference sheet provides grocery selections to help improve your omega intake.



	Omega-6: LA*	Omega-3: ALA*	Omega-3: EPA/DHA*
Benefits	Supports healthy cholesterol levels	Supports healthy blood vessels	Supports heart and brain health
Some good choices	<p style="text-align: right;"><u>Grams</u></p> <p>Safflower oil, 1 Tbsp 10</p> <p>Sunflower oil, 1 Tbsp 5</p> <p>Corn/canola oil, 1 Tbsp 3</p> <p>Salad dressing, French, 1 Tbsp 3</p> <p>Walnuts, 1/4 cup shelled 10</p> <p>Almonds, 1/4 cup 4</p> <p>Smart Balance® Omega Blend Oil, 1 Tbsp ~5</p> <p>Other foods labeled with oil- or nut-based omega-6s (check label)</p> 	<p style="text-align: right;"><u>Grams</u></p> <p>Flaxseed oil, 1 Tbsp 7.0</p> <p>Corn/canola oil, 1 Tbsp 0.8</p> <p>Walnuts, 1/4 cup 2.3</p> <p>Flaxseeds, 1 Tbsp 2.4</p> <p>Spinach, 1 cup 0.2</p> <p>Romaine lettuce, 2 cups 0.1</p> <p>Smart Balance® Buttery Spread with Flax Oil, 1 Tbsp 0.5</p> <p>Other foods labeled with plant-based omega-3s (check label)</p> 	<p style="text-align: right;"><u>Grams</u></p> <p>Salmon, 3 oz cooked 1.9</p> <p>Salmon, 3 oz canned with bone 1.2</p> <p>Mackerel, 3 oz cooked 1.1</p> <p>Tuna, 3 oz cooked 1.4</p> <p>Shrimp, 3 oz 0.4</p> <p>Sardines, canned in oil, 3 oz 0.8</p> <p>Smart Balance® Fat Free Milk and Omega-3s, 1 cup 0.03</p> <p>Other foods labeled with fish-based omega-3s (check label)</p> 
ADA* daily recommendation	Between 7g and 22g [†]	Between 1.3g and 2.7g [†]	500mg, or 0.5g [†]

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* LA = linoleic acid; ALA = alpha-linolenic acid; EPA = eicosapentaenoic acid; DHA = docosahexaenoic acid; ADA = American Dietetic Association. † Based on a 2,000 calorie diet.