

OMEGA-3 FATS

ESSENTIAL FATS FOR BRAIN,
HEART & WHOLE-BODY HEALTH

*Omega-3 fats are small nutrients
with a big impact—supporting your
brain, heart, mood and more.*



WHAT ARE OMEGA-3 FATS?

Omega-3 fats are essential fats.
Your body cannot make enough
on its own, so they must come
from food.

The three main omega-3 fats are:

EPA

(Eicosapentaenoic Acid)

Supports:

- ✓ Inflammation balance
- ✓ Heart health
- ✓ Mood



DHA

(Docosahexaenoic Acid)

Supports:

- ✓ Brain function
- ✓ Vision
- ✓ Nervous system health



ALA

(Alpha-Linolenic Acid)

Found mainly
in plants.

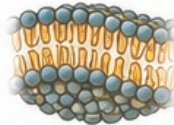
The body can convert
ALA into EPA and DHA,
but conversion is
generally limited.



WHY OMEGA-3s MATTER

Every cell membrane in your body contains fat.
Omega-3 fats help maintain:

- ✓ Cell flexibility
- ✓ Healthy communication between cells
- ✓ Brain function
- ✓ Nervous system health
- ✓ Healthy inflammatory responses



DID YOU KNOW?

Your brain is nearly 60% fat.
DHA is one of the most abundant fats
found within the brain and nervous system.



OMEGA-3 & INFLAMMATION

Inflammation is part of normal healing.
Problems arise when inflammation
remains switched on.

Omega-3 fats help the body produce
compounds involved in the resolution
of inflammation.

This is one reason omega-3s are
widely studied in:

- ✓ Cardiovascular disease
- ✓ Autoimmune conditions
- ✓ Joint health
- ✓ Healthy ageing



OMEGA-3 & HEART HEALTH

Research suggests omega-3 fats
may help support:

- ✓ Healthy triglycerides
- ✓ Healthy blood vessel function
- ✓ Healthy blood pressure
- ✓ Cardiovascular health



OMEGA-3 & MOOD

The brain uses omega-3 fats
extensively.

Researchers have explored links
between omega-3 status and:

- ✓ Mood
- ✓ Cognitive function
- ✓ Emotional wellbeing



SIGNS YOU MAY NOT BE EATING ENOUGH OMEGA-3

Possible signs may include:



Dry skin



Dry eyes



Low oily
fish intake



High
processed food
intake



Poor omega-3 :
omega-6
balance

These signs are not diagnostic but may suggest room for improvement.

DID YOU KNOW?

Your body cannot
store large amounts
of omega-3 fats.

Consistent intake
is important.



NOURISH YOUR BODY. SUPPORT YOUR MIND. LIVE WELL.



BEST FOOD SOURCES OF OMEGA-3

OILY FISH (HIGHEST SOURCES)



SARDINES



MACKEREL



HERRING



SALMON



ANCHOVIES



TROUT

PLANT SOURCES (CONTAIN ALA)



FLAXSEEDS



CHIA SEEDS



HEMP SEEDS



WALNUTS



RAPESEED OIL



SEAFOOD & SUSTAINABILITY

Small oily fish such as
sardines, herring and
anchovies often provide
excellent nutrition with
a **lower environmental**
impact.



OMEGA-3 & LIFE STAGES



PREGNANCY
DHA contributes
to normal
development of
the baby's brain
and eyes.



CHILDHOOD
Supports healthy
growth and
nervous system
development.



HEALTHY AGEING
Supports brain,
cardiovascular
and visual
health.



DID YOU KNOW?

Many people eat less than one portion
of oily fish per week.

Even small increases in omega-3-rich
foods can make a meaningful difference
to overall dietary quality.



REMEMBER

Food first.

Consistently including omega-3-rich
foods is one of the simplest ways to
support long-term health.

Small changes repeated regularly
often have the greatest impact.

