

Keeping The Beat

WEEK 5

3-23-2012

Omega-3 fatty acids

Omega-3 fatty acids & Alpha-linolenic Acid

Foods containing Omega-3

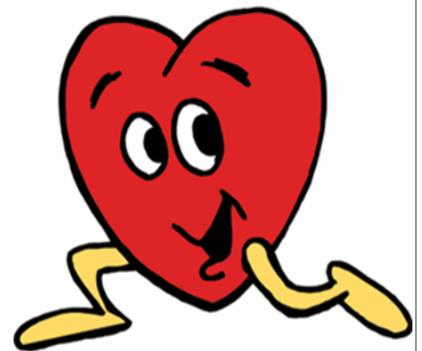
- Salmon
- Sardines
- Tuna
- Mackerel
- Walnuts
- Fish Oil
- Flaxseed oil
- Soybean oil

Types of fatty acids

- Omega-3
- Omega-6
- ALA
- DHA
- EPA

There are many known health benefits of Omega-3 fatty acids. Research shows that Omega-3 has been proven to boost heart health, as well as lower triglycerides, which is a blood fat that is directly linked to heart disease. There are two main types of Omega-3, DHA and EPA, that are found in several types of fish. Alpha-linolenic acid is another important fatty acid that can be found in different types of nuts.

Healthy Heart



Healthy You

What can Omega-3 fatty acids do for you?

- Reduce the risk of heart attacks
- Lowers blood pressure
- Proven to lower levels of depression, arthritis, ADHD, Alzheimer's, diabetes, Osteoporosis, and much more

For even more information about Omega-3 fatty acids, please visit www.umm.edu/altmed/articles/omega-3-000316.htm

Omega- 3 fatty acids

Broiled Salmon with Marmalade-Dijon Glaze

From: Cooking Light, April 2006

<http://www.myrecipes.com/recipe/broiled-salmon-with-marmalade-dijon-glaze-10000001173824/>

Here is a quick, heart-healthy dish that is perfect for a hectic weeknight but will also impress guests as well. Salmon is high in Omega-3 fatty acids, therefore it is not only a quick meal for the entire family but very nutritious as well.

Yield: 4 servings (serving size: 1 fillet)

Ingredients

- 1/2 cup orange marmalade
- 1 tablespoon Dijon mustard
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon ground ginger
- 4 (6-ounce) salmon fillets

Preparation

Preheat broiler.

Combine first 6 ingredients in a small bowl, stirring well. Place fish on a jelly-roll pan coated with cooking spray. Brush half of marmalade mixture over fish; broil 6 minutes. Brush fish with remaining marmalade mixture; broil for 2 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.



Omega-3 fatty acids

Healthy Fruit Smoothie Recipes

From: Barlean's Organic Oils, February 7, 2012

<http://blog.barleans.com/2012/02/07/healthy-fruit-smoothie-recipe/>

One simple way to obtain vitamins and nutrients is to make a great-tasting fruit smoothie. Raspberries are a great source of vitamin C, and bananas are rich in potassium. Barlean's Omega swirl gives you the healthy fats of Omega-3. This delicious smoothie is a favorite with both adults and children



Ingredients

2 Bananas

1 Cup Fresh Raspberries

2 tbsp Barlean's Omega Swirl (Strawberry Banana flavor)

1 ½ Cup Coconut Milk

2 tbsp Chia Seeds

Preparation

Mix all ingredients into blender. Mix until desired texture and enjoy!