HEALTHY TIPS

6 Top Health Benefits of Omega 3 & How to Get more of it in Your Diet

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Omega 3 is a type of polyunsaturated fat which is pivotal for our bodies and our cardiovascular, eye, and heart health.

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However, as our bodies cannot produce them on their own, we need to acquire them from our diet.

These fatty acids lower the chance of heart illness, but are also pivotal for other aspects of the health, including weight, fetal development, and retinal function.

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Can You Be Omega 3 Deficient?

Unfortunately, a lot of individuals fail to get the necessary omega 3s. According to American Heart Association recommendations, two or more 3.5-oz. fish servings per week are sufficient to achieve these levels.

In people with heart issues, cancer, anxiety, and depression, higher doses may be required, up to 4000 mg per day.

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The average individual suffers from omega 3 deficiency due to poor intake of these fats in their weekly diet, including fish, sea veggies, grass-fed meat, and flaxseed.

The 6 Best Health Advantages of Omega 3s

- **Betters sleep quality**

Healthy and regular sleep is pivotal for the fight against diseases and for body and brain rejuvenation. Poor sleep can be experienced due to lack of these fats. This may be a result of their connection with melatonin levels, a hormone linked with sleep.

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- **May reduce cancer risk**

In some studies, it was found that those who consumed more omega 3s had a lowered risk of colorectal tumors. Also, lab studies have shown that they may be beneficial in slowing the growth of prostate and breast cancer.

- **Lowers inflammation**

Excessive inflammation is the major reason for a lot of illnesses. Hence, by following a diet rich in nutrients and anti-inflammatory, you increase your body’s chances to fight off diseases properly. According to newest data, omega 3 supplementation may lower inflammation triggered by surplus fat in non-alcoholic fatty liver illness.

- **Beneficial for the cardiovascular health**

Heart illness and stroke are the major causes of death in the world; however, communities that consume diets abundant in fish have much lower incidence of such diseases, partially because of their high intake of omega 3s. Some studies have found no connection between omega 3s and lower risk of strokes or heart attacks and others have.

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- **May help with depression, anxiety, and ADHD**

According to some findings, increase in omega 3s reduces the risk of depression than in those who're are lacking it. Also, several studies have found that the symptoms of depression and anxiety improved after omega 3 supplementation. What's more, though limited, studies have concluded that omega 3s can be beneficial for ADHD management.

- **Prevention and management of autoimmune illnesses**

Several studies have found connection between high intake of omega 3s and lowered chance of autoimmune illnesses or improvement in the symptoms of the autoimmune disease.

How to Get more Omega 3s in Your Diet

- Flaxseeds
- Flaxseed oil
- Dairy like eggs, yogurt, and milk
- Quality omega 3 supplements
- Fatty fish like salmon, herring, mackerel, and sardines
- Chia seeds
- Hemp seeds
- Cauliflower

Sources:

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DR AXE

HUFF POST

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