

# Show Your **Heart** Some Love with: Omega-3 Fats



## Benefits:



- \*Bring balance to hormones
- \*Reduce inflammation
- \*Regulate blood sugar
- \*Prevent blood clotting
- \*Keep cholesterol & triglycerides in balance
- \*Relax blood vessels
- \*Help cells stay healthy and resilient



## Foods with added omega-3



Walnuts



Salmon



Flax



Tuna



Brussel sprouts



Kale



Eggs from hens fed Purina<sup>®</sup> Layena<sup>®</sup> Plus Omega-3



Wild rice



Beans



Arugula



Spinach



Basil



Oils



## Serving Size of Omega-3 Fats:



- \*No official recommended daily allowance
- \*A minimum of 250-500 mg of EPA/DHA recommended for healthy adults

## Citrus Salmon with Fennel & Chiles



- 1 medium fennel bulb sliced
- 1 blood oranges sliced
- 1 lemon sliced
- 1 red Fresno Chile or jalapeño sliced
- 4 sprigs dill
- 1 2lb. wild caught salmon filet
- ¾ cup olive oil

## Ways to Incorporate Omega-3 Fats:

- \*Sprinkle chia seeds on oatmeal or yogurt for breakfast
- \*Broil salmon or try it smoked on a tartine
- \*Add walnuts on a salad for lunch
- \*Toss flaxseed in a dressing or smoothie
- \*Combine tuna with greens or chickpeas for a post-workout
- \*Drizzle olive oil to enhance a meal
- \*Mash up some avocado for a healthy snack

**Need help with heart-healthy eating, weight loss or just general nutrition?  
Book a visit with our nutritionist, Dafna Chazin, by contacting our call center or the front desk.**