

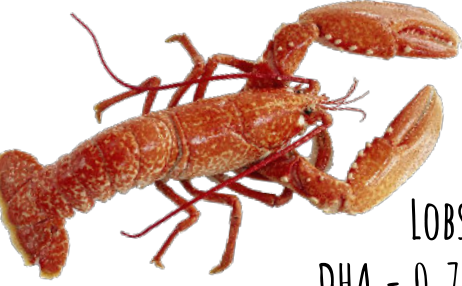
OH MY, OMEGA 3s!

In recent years nutrition guidelines have moved away from specific nutrient recommendations and more towards overall healthy eating habits. One major change included the shift away from focusing on the amount of fat, one of the three macronutrients, and focused more on to the types of fats. The two major groups of fats are called saturated and unsaturated. Unsaturated fats are subdivided into groups depending on their chemical structures. These chemical structures are why unsaturated fats have anti-inflammatory properties in our bodies. Alpha-linolenic acid (ALA), considered essential because our body doesn't synthesize it, can be found in plant sources. In small amounts, ALA is converted into the more widely studied omega-3s, EPA and DHA. EPA and DHA are found in animal sources and widely make up the fatty acids found in omega-3 dietary supplements. Omega-3 fatty acids are important for adults and kids alike, but getting kids to get to eat fish isn't always easy. Before turning to supplementation, use this week's handout to find out where omega-3 fatty acids are in the foods we eat, how much your kids need and why they are so important to our oral and overall health!

Eicosapentaenoic acid (EPA)

Docosahexaenoic acid (DHA)

Alpha-linolenic acid (ALA)

 SARDINES - 3 OZ DHA - 0.74 G EPA - 0.45 G	 SHRIMP - 3 OZ DHA - 0.12 G EPA - 0.12 G	 LOBSTER - 3 OZ DHA - 0.7 G EPA - 0.10 G	FLAXSEED - 1 TBSP ALA - 2.35 G 	 CANOLA OIL - 1 TBSP ALA - 1.28 G	 CHIA SEEDS - 1 OZ ALA - 5.06 G
 SALMON - 3 OZ DHA - 1.24 G EPA - 0.59 G	 OYSTERS - 3 OZ DHA - 0.23 G EPA - 0.30 G	 CANNED TUNA - 3 OZ DHA - 0.12 G EPA - 0.12 G	 SCALLOPS - 3 OZ DHA - 0.09 G EPA - 0.06 G	 SOYBEAN - 1/2 CUP ALA - 0.28 G	 WALNUTS - 1 OZ ALA - 2.57 G

How Much Does My Child Need?

0 to 12 months: 0.5 grams/day

1 to 3 years: 0.7 grams/day

4 to 8 years: 0.9 grams/day

9 to 13 years:

Boys: 1.2 grams/day Girls: 1.0 grams/day

14 to 18 years:

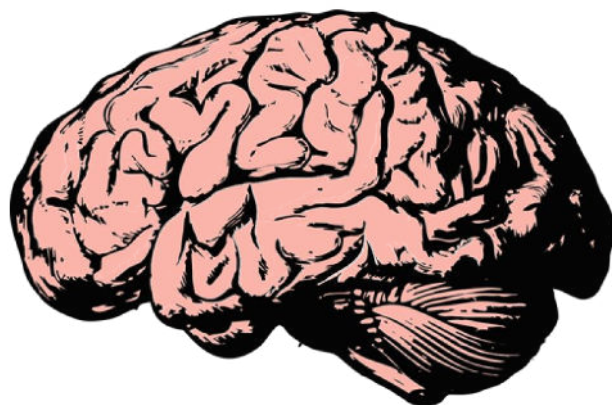
Boys: 1.6 grams/day Girls: 1.1 grams/day

OMEGA-3s AND HEALTH



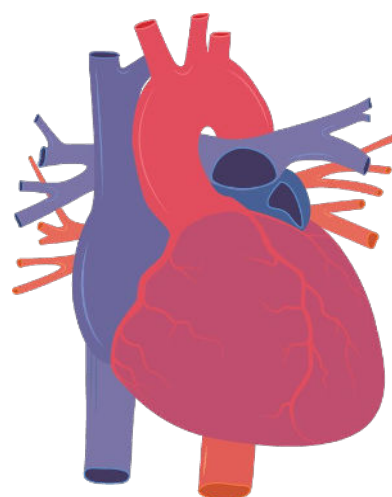
Optimal Infant Development

Birth weight, length of gestation, visual and cognitive development*



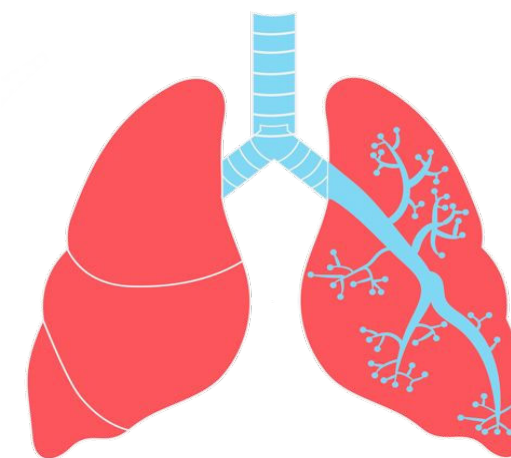
Enhance Brain Function:

Learning, memory, mood and sleep



Heart Health:

Reduced inflammation and risk for cardiovascular disease



Reduced Lung Inflammation

Less risk for developing asthma or reduced asthma symptoms



Periodontal Protection:

Reduced inflammation in the gums **

*In the upcoming 2020 Dietary Guidelines for the first ever time there will be dietary guidelines for infants 0-2 years old with a specific focus on the first 1000 days of life. Interestingly, there is also a major focus on the dietary intake of pregnant women and its effect on the growth and development of the embryo. Pregnant women who enjoy a diet high in rich omega-3s, low mercury fish, see reduced risk for gestational diabetes and preeclampsia.

**Some research shows that individuals who have a diet high in omega-3 fatty acids, compared to those who have a lower intake, have a lower incidence of periodontal disease. Periodontal disease is inflammation of the gums, which is reduced by the anti-inflammatory properties of omega-3 fatty acids. Omega-3s are also found in foods that when consumed alone or paired with carbohydrates, can lower risk for cavities!