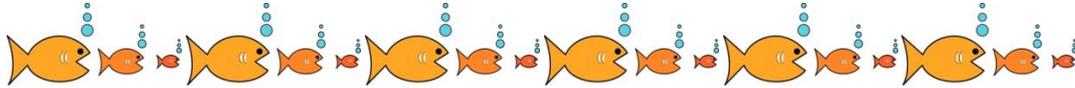


WRNMMC Pediatric Endocrinology

OMEGA-3 FATS AND FISH OIL



- **Increase Omega-3 Fatty Acids:** Cold water fish, nuts, vegetables, flax seed, soy, hemp.
- **Decrease Omega-6 Fatty Acids:** Partially hydrogenated vegetable oils found in foods with a long shelf life such as chips, crackers and cookies. Sources of both saturated fat and omega-6 fatty acids also include red meat and dairy products.

Omega-3 fats are polyunsaturated fats and are found mostly in plant foods and fish. They can be used to reduce cholesterol and triglycerides.

Omega-3 fats can also be found in certain fish like salmon, trout, tuna, Pollock, halibut, scallops and king crab. A reasonable goal is about two 3-ounce services of fish per week. Some fish contain pollutants and because of this, more than 6oz per week of white tuna, shark, swordfish, tilefish or king mackerel is not recommended

Supplements can be an easy way to get your required amount of omega-3 fats. Both fish oil and flax seed oil can help lower cholesterol. An advantage of fish oil is that it already contains the two active ingredients Eicosapentaenoic Acid (EPA) and docosahexaenoic acid (DHA). The body needs to change flax seed oil into EPA and DHA. Ground flax seed has fiber, which is also helpful and can be used along with the fish oil at a dose of one tablespoon daily.

To lower triglycerides, take 2-4 grams of EPA + DHA in the form of fish oil each day.

It is important to carefully read the labels and note the active ingredients, EPA and DHA. The most common side effect from supplements is a mild fishy aftertaste. To reduce side effects, take fish oil supplement with meals and keep capsules in the refrigerator or freezer.

Listed below are some popular fish oil capsules and the amount of EPA and DHA per capsule:

Fish Oil Capsule	EPA + DHA (mg/capsule)
CVS Pharmacy Natural Fish Oil Concentrate 1000mg	180 + 120 = 300
GNC Preventive Nutrition Omega Complex	60 + 40 = 100
Kirkland Signature Natural Fish Oil 1000mg	180 + 120 = 300
Natrol Omega-3	180 + 120 = 300
Nodric Naturals Ultimate Omega 500 (chewable)	325 + 225 = 500 (2 softgels)
Nordic Naturals Childrens DHA (liquid)	205 + 313 = 518 (1/2 teaspoon)
Puritan's Pride Fish Oil 1000mg	180 + 120 = 300
Spring Valley Fish Oil 1200mg	216 + 144 = 360
The Vitamin Shoppe Omega-3 Fish Oil 500	300 + 200 = 500
Trader Joe's Omega-3	300 + 200 = 500
Vitamin World Fish Oil 1200mg	216 + 144 = 360
Walgreen's Fish Oil Concentrate	180 + 120 = 300

Note: WRNMMC Pediatric Endocrinology does not endorse a particular brand of supplement.