Due to the heavy pollutions of the oceans with heavy metals and other toxins, fish might no longer be the ideal dietary supplement. This is why the fish oil needs to be molecularly distilled, which means that the fish oil went through a purification process where all possible contaminants have been removed.

Ideally you should buy fish oil that contains only a little bit of Vitamin E and nothing else, otherwise, it is not pure fish oil.

This information should help you choose high quality pure Omega 3 fish oil, which is free from toxins and pesticides and which contains a high concentration of EPA and DHA - the two most important fatty acids. The recommended amount of EPA and DHA per capsule is shown below.

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving Size</th>
<th>Amt (g)</th>
<th>World's Healthiest Food Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flaxseeds</td>
<td>2 tbs.</td>
<td>3.51</td>
<td>Excellent</td>
</tr>
<tr>
<td>Walnuts</td>
<td>0.25 c.</td>
<td>2.27</td>
<td>Excellent</td>
</tr>
<tr>
<td>Salmon, chinook, baked/broiled</td>
<td>4 oz-wt</td>
<td>2.09</td>
<td>Excellent</td>
</tr>
<tr>
<td>Herring</td>
<td>3 oz.</td>
<td>2.0</td>
<td>Excellent</td>
</tr>
<tr>
<td>Sardines</td>
<td>3 oz.</td>
<td>0.810</td>
<td>Excellent</td>
</tr>
<tr>
<td>Cloves, dried, ground</td>
<td>2 tsp.</td>
<td>0.20</td>
<td>Very good</td>
</tr>
<tr>
<td>Oregano, dried, ground</td>
<td>2 tsp.</td>
<td>0.12</td>
<td>Very good</td>
</tr>
<tr>
<td>Cauliflower, boiled</td>
<td>1 c.</td>
<td>0.21</td>
<td>Very good</td>
</tr>
<tr>
<td>Mustard Seeds</td>
<td>2 tsp.</td>
<td>0.20</td>
<td>Very good</td>
</tr>
<tr>
<td>Cabbage, shredded, boiled</td>
<td>1 c.</td>
<td>0.17</td>
<td>Very good</td>
</tr>
<tr>
<td>Broccoli, steamed</td>
<td>1 c.</td>
<td>0.20</td>
<td>Very good</td>
</tr>
</tbody>
</table>

Table from www.whfoods.org

* Resources available upon request

FOODS WITH OMEGA 3

OMEGA 3:

- **What is it?**
- **Why is it important for your health?**
- **What foods contain Omega 3?**
- **How to buy fish oil supplements.**

Compiled by Cheryl Wardlaw
Adapted for
Johnson & Johnson Physical Therapy
by Stephanie Byrd, SPT & Kaysi Atkinson, SPT, Hardin-Simmons University
**Omega 3’s**

Omega 3’s are polyunsaturated fatty acids, which cannot be produced by the body. Omega 3 is contained in the essential fatty acids (EFA), EPA and DHA. Omega 3’s must be obtained from external sources. The benefits of Omega 3 include anti-inflammatory properties, inhibition of atherosclerosis, and decreasing triglycerides and LDL’s.

The National Institute of health recommends that 2% of your daily calories should come from Omega 3 fatty acids. Therefore, consuming 2000Kcal/day should provide approximately 4g (4000 mg) of omega 3 per day. In fact, research shows that a minimum of 3000 mg per day is necessary to produce an anti-inflammatory effect in the musculoskeletal system.

**Top foods with Omega 3**

- Salmon, Mackerel, Sardines, Flaxseeds, Walnuts, Cloves, Cauliflower, Mustard Seeds, Cabbage, Oregano, Romaine Lettuce, Broccoli

* See table on back of brochure for recommended amounts

**Foods rich in Omega 6:**

- Palm oil, soybean oil, grape seed oil, sunflower oil, most vegetable oils, poultry, eggs, cereals, whole-grain breads, baked goods, nuts, evening primrose oil, borage oil, blackcurrent seed oil, flax/linseed oil, hemp oil, cottonseed oil, corn oil, safflower oil, pumpkin seeds, acai berry, peanuts

**Proper Ratio**

Both Omega 3 and Omega 6 are essential, however, you must be careful to consume them in the correct ratio. The ideal intake of Omega 6 to Omega 3 should be no more than 4:1. Typical western diets provide as much as a 30:1 ratio. The Omega 6 intake is way too high and there is a strong lacking of Omega 3. This plays an important role in chronic inflammation and, therefore, chronic pain.

**Fish Oil Capsules**

You can obtain pure Omega 3 oil from fish oil capsules; however, there are a few important points to consider:

* The quality of omega 3 oils depend on the type of fish and where it comes from
* When you buy pure fish oil make sure that it comes from salmon, mackerel, or herring since these are the best sources for Omega 3 (DHA and EPA)
* The fish oil needs to be molecularly distilled

**Resources**


**Articles of Omega 3 as a Connective Tissue anti-inflammatory:**


**Other resources:**