

Is omega 3 fatty acid good for me? Aren't all fats bad?

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Written by Gloria Tsang, RD Let me first address the issue of fat. Fat seems to receive a lot of reprimand but the fact is we all need fat; fat helps nutrient absorption, nerve transmission, maintaining cell membrane integrity etc. However, when consumed in excess amount, fat contributes to weight gain, heart disease and certain types of cancer. But saturated and trans fatty acids are more responsible to the statement above; while other poly-unsaturated fats such as omega 3 fatty acids seem to offer a protective effect. Researchers started to focus on omega 3 fatty acid in early 80s when studies found that Eskimos had a lower rate of heart diseases despite consuming a higher-fat diet rich in fish. Studies show that diet rich in omega 3 fatty acid may help lower blood triglycerides. Omega 3 fatty acid may also act as an anticoagulant to prevent blood from clotting. Several other studies also suggest that these fatty acids may help lower blood pressure. Where to find Omega 3 fatty acids?

- all fish, but are higher in fatty fish such as mackerel, salmon sardines and herring. The American Heart Association recommends eating fish at least 2 times a week.

- green leafy vegetables.

- nuts and seeds such as almonds, pine nuts, peanuts and flax seed

- cooking oils such as Red Palm oil, flax seed oil, canola oil

- some eggs such as omega-3 enhanced eggs

- many commercial food products such as bread and baked goods, pet food and infant formula are now fortified with omega 3 fatty acids
 Key: Eat a balanced diet with lots of green vegetables and include a variety of fish on your dish in your diet. Caution: Cod liver oil is not a good substitute. It may cause toxicity in excess amount due to its high levels of Vitamin A and Vitamin D
 Note: CNT Omega 3 IS NOT cod liver oil, but Pure Fish oil with probably the best EPA and DHA values on the market in South Africa.
 Why CNT Omega 3 is a Good Thing

Studies have shown that getting enough omega-3 can significantly impact our chances of developing deadly diseases. Recent research has indicated that the intake of sufficient levels of omega-3 may reduce the risk of heart disease and some types of cancer. Additionally, according to FatsForHealth.com (a Web site devoted to news and resources about essential fatty acids), omega-3 can even help treat Attention Deficit Hyperactivity Disorder, depression, and immune system dysfunction, among other health issues. CNT OMEGA 3 (500mg) - Softgels (Pure Fish Oil)

18% EPA 90mg 12% DHA 60mg Minimum 35% Fatty Acids
 Description: Important for development and growth
 Regulation of all biological functions: including cardiovascular, reproductive, immune and nervous systems.
 Increases energy levels, performance, and stamina
 Speeds up recovery and healing (anti-inflammatory)
 Promotes beautiful skin, hair and nails
 Improves digestion and assist in weight reduction
 Promotes brain function, vision, acts as an anti-depressant
 Keeps bones strong
 Reduces high blood pressure and promote healthy cholesterol
 Protects the skin against the sun
 R99.95 for 90 Softgels

R189.95 for 180 Softgels

R450.00 for 500 Softgels