

# Total Nutrition

## Easy Meals That Boost Your Omega-3s

by Mindy Hermann, R.D.

(NAPSA)—Are you a bit confused about balancing the different types of fat in your diet? I have a hard time keeping all the fats and oils straight, and I'm a dietitian. Between saturated and trans fat, polyunsaturated and monounsaturated fat, and omega-3 and omega-6 fatty acids, it's hard to know which to focus on. What I can tell you is that trying to get more omega-3 fatty acids into your diet is a good idea.



**Mindy Herman**

Omega-3s comprise a group of fats essential for your body. Two long-chain omega-3 fatty acids, DHA and EPA, are supplied by fatty fish. The omega-3s in fish and seafood help protect heart health. To that end, the American Heart Association recommends eating at least two weekly servings of higher-fat fish like salmon, trout, albacore tuna and herring.

The body uses a shorter-chain omega-3, alpha-linolenic acid (ALA), to produce the longer-chain EPA and DHA. Significant amounts of this fatty acid are found in flaxseeds and flaxseed oil, walnuts, canola oil, and foods fortified with ALA, like Total® Honey Clusters and Total® Cranberry Crunch. If you use flaxseed and flaxseed oil, keep it in the refrigerator or freezer to protect it from rancidity. For the most benefit, grind flaxseed with a coffee grinder to help release the oil.

"The research on the link between a diet rich in omega-3s and good health is amazingly strong," says Evelyn Tribole, RD, author of "The Ultimate Omega-3

Diet." "Every one of us should try to get more every day." Here are a few suggestions for ways to include it in your meals:

### Breakfast

- Total® Honey Clusters\* topped with chopped walnuts\*, served with milk or yogurt
- Omega-3-rich eggs\*, wheat toast with canola oil margarine\*
- Multigrain toast containing flaxseed\*, topped with apple slices and peanut butter
- Oatmeal sprinkled with 1-2 teaspoons flaxseed meal\*

### Lunch

- Tuna salad\* on a whole wheat roll, salad with walnut oil dressing\*
- Grilled chicken salad on a bed of dark leafy greens with balsamic vinaigrette (made with canola oil\*)
- Sandwich made with soybean butter\* and all-fruit jam

### Snack

- Homemade trail mix with walnuts\*, raisins, flaxseed pretzels\*
- Yogurt parfait layered with Total® Cranberry Crunch\*
- Mixed nuts\*

### Dinner

- Grilled salmon\*, spinach and garlic sautéed in canola oil\*
- Steamed edamame (soybeans)\* as an appetizer
- Baked stuffed trout\* served with wild rice

\* Contains omega-3 fatty acids

Mindy Hermann, M.B.A., R.D., is a nutrition writer for women's, health and fitness magazines. She is the co-author of "Change One" and the American Medical Association's "Family Health Cookbook."