

What to Do if You Don't Eat Fish:

As we all know seafood can be good for your health. Overall, it has less total fat and less saturated fat than meat and poultry. So eating fish regularly (2x/week) may help lower blood cholesterol levels. Plus seafood supplies several vitamins and minerals and are a great source of Omega-3 fatty acids. Omega-3 fatty acids may help prevent blood platelets from clotting and sticking to artery walls. This may help lower risk for blocked vessels and heart attacks. So what to do if you don't eat fish? Taking a combine supplement of ½ to 1 gram (500mg to 1,000mg) of EPA plus DHA a day will be a good start. Here's what will and won't help you.

Fish oil pills. Experts recommend as the best alternative to seafood to get both DHA and EPA from fish oil pills or from fish oil that's been added to other foods. It is not recommended to get more than a combined 3,000mg of EPA and DHA a day from foods and supplements.

Designer Eggs. If you like eggs you are in luck. Some companies now feed fish oil, algae, or flaxseed to their hens to raise the omega-3s in their eggs. Read the labels though because most brands of "omega-3 eggs" have very little DHA. Eggland's Best eggs only have 0.05 grams (50mg) an egg. While Gold Circle Farm Eggs have just 0.15grams (150 mg) an egg. Neither of these has EPA, which may protect against sudden cardiac death. Be careful though because all of these eggs still contain cholesterol and saturated fat!

DHA supplements. There are DHA supplements made from algae, but are costly. Each capsule has 0.1 gram (100mg), and a bottle of 30 capsules can cost \$10 or more. Plus DHA supplements made from algae don't have EPA. So far research suggests that you need to take both DHA and EPA to gain the benefits. No studies have been done on the benefits of just DHA supplements alone.

Alpha-linolenic acid. Alpha-linolenic acid can be found in canola, soy, and flaxseed oils. Alpha-linolenic acid is an omega-3 fat that our bodies can convert into EPA and DHA. It is unclear how much actually gets converted but if you eat no fish or fish oil, getting alpha-linolenic acid by using oil like canola is better than nothing!

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