



Omega-3 Oil

You may have heard we should be trying to eat 'good' fats. But what are they and why do we need to eat them? One healthy fat is omega-3 and every cell in our bodies, at every age, needs omega-3 polyunsaturated fatty acids to function properly. Omega-3 fats help to maintain a healthy heart, good eyesight and help your brain function normally.

There is also emerging research that omega-3s may help reduce muscle inflammation in sports. Our bodies rely on us to eat omega-3 as part of our diet as we can't make it ourselves. Fish is one of the best natural sources of long chain omega-3, with oily fish like tuna and salmon being some of the highest. To help top up your omega-3 intake aim to have at least 2 serves of fish every week.

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