



### **Nutrient Spotlight - Omega-3!!**

Is seafood a cuisine that you consume often? Well, it should be! Those who regularly dine on fish/seafood are likely to be getting a better intake of omega-3 fats. These "good oils" are a source of polyunsaturated fat. This means, that when eaten as part of a balanced diet, they help to reduce your risk of heart disease and have anti-inflammatory actions.

Omega-3 is derived mainly from oily fish such as; salmon, sardines, trevalla, blue mackerel and some canned tuna. It is also found in good amounts in; barramundi, flathead, scallops, squid and mussels. The heart foundation also advises to consume some plant based sources of omega-3 and these include soy and linseed, canola oil and walnuts.

It is recommended that adults consume around 500 milligrams of omega-3 from marine sources daily. This can be achieved by eating 3 serves of Omega-3 rich fish per week, cooking with canola oil and snacking on walnuts on a daily basis.

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