

MINUTE NUTRITION NEWS

May 2013

Oh Mighty Omega-3s

Article after article, we are reading about omega-3s and its health benefits. What is all the excitement and is it really healthy for us? Read on to find out!

What are Omega-3s? What is the big deal about them?

Omega-3s are a type of healthy fat. They are called an “essential fat” because our body cannot make this nutrient. That means we can only get omega-3s by eating it from foods.

There are three types of omega-3 fats: **ALA** (alpha-linolenic acid), **DHA** (docosahexaenoic acid), and **EPA** (eicosapentaenoic acid). Most of the research looking at health benefits are related to DHA and EPA. We can get these two omega-3 fats directly from food or our bodies can also convert it from ALA. Currently, DHA and EPA are believed to:

- Help with brain, nerve and eye development in young infants;
- Help reduce our risk of heart disease; and
- Possibly help reduce symptoms of rheumatoid arthritis.



That's not it! Research is now also looking at the effects of omega-3 fats on dementia, Alzheimer's disease and depression.

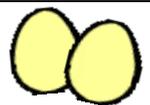
Are you eating enough omega-3s?

DHA and EPA	ALA
<p>To achieve enough DHA and EPA, Eating Well with Canada's Food Guide recommends eating at least 2 servings of fish per week.</p> <p>Choose fatty fish such as:</p> <ul style="list-style-type: none">• Salmon• Mackerel• Sardines• Herring• Artic char• Anchovies• Trout	<p>If you do not eat fish, aim for an ALA intake of 1.1 to 1.6 grams each day from other foods.</p> <p>You can achieve this with approximately:</p> <ul style="list-style-type: none">• ½ cup of cooked tofu, all types• 1 tbsp of ground flax seeds;• 1 tbsp of chia seeds, dried;• 1.5 tbsp hemp seeds, shelled;• 1/8 cup of English or Persian walnuts;• ½ tsp of flaxseed oil;• 1 tbsp of canola oil;• 4 tsp of non-hydrogenated omega-3 margarine (varies depending on product).

1 serving of fish is:
75 grams, or
2 ½ oz, or
½ cup, or
approximately the size
of a deck of cards

DID YOU KNOW?

Manufacturers add omega-3s to some food products, such as eggs. Omega-3 eggs are made by adding flax seed, fish oil and other DHA sources to the hen's diet. If you have high cholesterol, diabetes or heart disease, you may need to limit the amount of eggs you eat, regardless of their omega-3 content.



RECIPE OF THE MONTH

May 2013

"Oh Mega" Pancakes

This pancake recipe contains enough ground flax seeds to provide your daily requirement of ALAs. Instead of maple syrup, top it off with fresh fruit and yogurt to give yourself a healthy balanced breakfast!



Makes 2 large pancakes

Prep Time: 5
Cook Time: 10

Ingredients:

- 1 egg
- ½ cup plain low-fat yogurt
- ½ tsp unsalted non-hydrogenated margarine
- ½ cup whole wheat or whole grain flour
- 1 tbsp sugar (can omit this if using vanilla yogurt)
- ¼ tsp baking soda
- ¼ tsp baking powder
- 1 tbsp ground flax seeds
- pinch of salt

Nutrition Facts (values are approximate) Per pancake

Amount	% Daily Value
Calories 212	
Fat 4 g	6 %
Saturated 0.5 g + Trans 0 g	3 %
Cholesterol 1 mg	
Sodium 311 mg	13 %
Potassium 488 mg	14 %
Carbohydrate 34 g	11 %
Fibre 4 g	17 %
Sugar 11 g	
Protein 10 g	
Vitamin C	1 %
Calcium	19 %
Iron	11 %

Directions:

1. Separate eggs and keep egg whites on the side.
2. Combine egg yolk with all other ingredients. Mix thoroughly.
3. Add egg whites and mix thoroughly.
4. In a non-stick pan, spoon half of the mixture into the pan over medium heat. Cook until bubbles form and flip to the other side. Cook until both sides are golden. Repeat for remaining mixture.
5. Serve with desired toppings and enjoy!

Tip: For more variety, you can substitute the flax seeds for 1/8 cup of chopped walnuts or 1 tbsp of chia seeds.

Got questions?

Meet the clinic's registered dietitian on May 7th from 9:30 to 11:30am during the recipe demonstration!