

The Scoop on Omega 6 vs. Omega 3

The western diet is known for the consumption of a high omega 6 vs. omega 3 fat ratio. Understanding the difference between the two may change your life!! Omega 6 and Omega 3 are both essential fatty acids which means the body can not produce them on their own and must consume the nutrient from somewhere else. Because they are both essential fatty acids your body needs both but the ratio is what is important. Today, Americans are known for eating a 20:1 ratio of 6's to 3's. It is recommended the ratio to be 4:1 to 1:1 omega 6 to omega 3. The goal is to balance the ratio decreasing intake omega 6's and increase your intake of omega 3's.

Omega 3	Omega 6
Both polyunsaturated fats with different chemistries	
Contains <u>EPA and DHA</u> : both converted to anti-inflammatory prostaglandins which help to make cell membranes, cell signaling, and cell growth. <u>ALA (alpha-linolenic)</u> precursors are good as well.	LA: (linoleic acid): The body converts this into inflammatory prostaglandins and arachidonic acid.
Benefits: The fatty acids have <u>huge benefits to the cardiovascular system with decreased blood pressure, and heart rate</u> . Also, benefits brain development, retina production and gene regulation. To top it off, omega 3's <u>decrease inflammation</u> which fights cancer, diabetes, and basically disease in general,	<ul style="list-style-type: none"> • Promotes inflammation • Increases cardiovascular disease • Increased risks for cancer • Increased risk for diabetes Used for brain function and energy in skeletal muscle but needed in a low ratio compared with omega 3's.
Found in Cold water fish like salmon, cod, sardines, seafood, and walnuts, leafy vegetables, dark green vegetables, flaxseed, avocado, and grass-fed animal meat. <u>Taking a quality supplement</u> may be a good option depending on your current health status.	Found in grains like corn and soybeans and oils such as olive oil. Corn starch and soy products are in most processed foods. Try to <u>limit processed foods along</u> with refined grains, starches and syrups. Omega 6's are still needed, and can be taken in good ways. Just pay attention to the <u>ratio</u> . Good sources of omega 6 include black currant seed oil, flaxseed, and pine nuts.

Omega-6/Omega-3 Essential Fatty Acid Ratio: The Scientific Evidence. (2003). *World Review of Nutrition and Dietetics*. doi:10.1159/isbn.978-3-318-01018-3

Omega-3 Fatty Acids: An Essential Contribution. (2018, June 04). Retrieved from <https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fats-and-cholesterol/types-of-fat/omega-3-fats/>

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