

# The role of omega fats

## Omega 3

### ALA (alpha-linolenic acid)

Can be converted (in small amounts) to EPA and DHA



Plant foods like flaxseeds, chia seeds, walnuts, canola and soybean oil

### EPA (alpha-linolenic acid)

Supports heart rhythm and reduces blood triglycerides



Fatty fish like salmon, sardines, mackerel, herring, tuna

### DHA (docosahexaenoic acid)

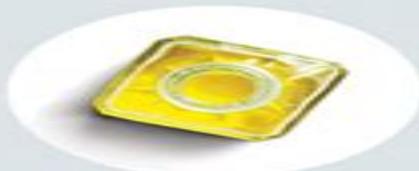
Supports brain and eye health, and heart function



Fatty fish like salmon, sardines, mackerel, herring, tuna

## Omega 6

Helps lower LDL (bad) cholesterol and reduce heart disease risk when replacing saturated fat; does not cause inflammation as part of a balanced diet



Sunflower, safflower, corn, and soybean oils; nuts and seeds

# Omega Diet

**Clemens Wendtner**



**Omega Diet:**

## Whispering the Strategies of Language: An Psychological Journey through **Omega Diet**

In a digitally-driven earth where screens reign great and instant transmission drowns out the subtleties of language, the profound strategies and psychological subtleties concealed within phrases often get unheard. Yet, set within the pages of **Omega Diet** a captivating fictional prize sporting with natural feelings, lies an exceptional quest waiting to be undertaken. Written by a talented wordsmith, that wonderful opus invites visitors on an introspective journey, softly unraveling the veiled truths and profound affect resonating within ab muscles material of each and every word. Within the emotional depths of this touching review, we shall embark upon a heartfelt exploration of the book is key themes, dissect their interesting publishing type, and succumb to the effective resonance it evokes heavy within the recesses of readers hearts.

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