



Nourishing Ways Center

Your Ultimate Path To Wellness

810-588-2324 Brighton, Michigan

HEALTHY FATS/ ALL FATS ARE NOT CREATED EQUAL

Why do we need fat?

- Fats are essential in the diet
- Helps absorption of minerals A, D, E, and K
- Provide energy
- Build healthy cells and protect organs
- Make and regulate hormones
- 60% of brain composed of fat
- 50% saturated fat help make up every cell membranes
- Without healthy fats, osteoporosis can happen
- Heart is surrounded
- Lungs can't work with adequate sat fats (fatty acids in lung surfactant are normally 100% saturated)
- Stops cravings, uses insulin effectively, curb hunger

Where is fat found?

- Meat, fish, poultry, butter, dairy products, oils, nuts, seeds

Foods That Contain Omega 3's

- Atlantic Mackerel: 6,982 milligrams in 1 cup cooked
- Salmon Fish Oil: 4,767 milligrams in 1
- Cod Liver Oil: 2.664 milligrams in 1 tablespoon
- Chia Seeds: 2,457 milligrams in 1 tablespoon
- Herring: 1,885 milligrams in 3 ounces
- Alaskan Salmon (wild-caught): 1,716 milligrams in 3 ounces
- Flax Seeds (ground): 1,597 milligrams in 1 tablespoon
- White Fish: 1,363 milligrams in 3 ounces
- Sardines: 1,363 milligrams in 1 can/3.75 ounces
- Egg Yolks: 240 milligrams in 1/2 cup
- Organic Free-Range Eggs 225mg in large egg
- SkipJack Tuna: 150 milligrams in 2 ounces
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GOAL: Get in a minimum of 250 to 500mg of omega three's in diet daily. 90% of americans are deficient. A good quality fish oil: Metagenics, Nordic Naturals, etc.