



## Omega-3 and -6 fatty acids

### What are Omega Fatty Acids?

Fatty acids such as omega 3 and omega 6 are important components of the fats in our diet.

### Why are omega-3 fatty acids important?

Omega 3 takes on numerous important tasks in the body. The fatty acids contribute to the health of the cardiovascular system and the psyche, strengthen the immune system and play a role in the development of the brain in children.

### Which foods contain omega-6 fatty acids?

Omega 6 is found in many plant-based foods, for example in margarine, sunflower oil, olive oil, pumpkin seed oil and avocados. In the western world, people tend to consume a lot of omega-6 fatty acids.



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### Which foods contain omega-3 fatty acids?

The active forms of omega 3, which our body can use directly, are found almost exclusively in fish, such as mackerel, tuna, salmon and matjes. Some plant-based foods, such as linseed oil, rapeseed oil, and walnuts, contain alpha-linolenic acid, which the body first has to convert into active omega-3 fatty acids. Some of the fatty acids are lost in the process.

### How much omega 3 do I need a day?

Professional societies recommend one or two fish meals a week to ensure the supply of omega 3. According to experts, at least 250 milligrams

per day are necessary to ensure that there is enough omega 3 to maintain the heart function; two grams or more are recommended. If you don't eat fish, you can take omega 3 through dietary supplements, which are mostly based on fish oil or algae oil.

### Why is the ratio of omega 6 to omega 3 important?

Omega 3 has a vasodilator, anti-inflammatory and anticoagulant effect, Omega 6 has a vasoconstricting, inflammatory and coagulant effect. In order to achieve a balance and thus an inflammation-neutral state, experts recommend a ratio of omega 6 to omega 3 of 5 to 1 or lower - in the western world the ratio is on average 15 to 1 - and for you?

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