

the better nutrition omega 3 evaluation

Fats help the body run better. They are made up of fatty acids, which help the body direct a healthy inflammatory response, hormones, escort fat-soluble nutrients to cells for use and so much more. Some fatty acids are "essential" which means we need to get them in from food. Among these are omega 3s and omega 6s. There's a lot of confusion and misinformation about these fats - like omega 6s being bad for us (our body actually needs more omega 6s than 3s) or that there are only two or three types of omega 3s (EPA, DHA, ALA) when there are more like 11. This evaluation is designed to help assess your current total nutrition to see if you get enough omega 3s regularly, and ideally, from a variety of whole food sources (you may also supplement as needed to meet your daily needs). Fill it out based on what you choose (or skip) most often.



Section A:

Where are you getting Omega 3s?

Daily | Weekly | Never

Do you consume omega-rich fish like salmon, sardines, anchovies, halibut or mackerel?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you consume grass fed beef?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you consume grass fed, full-fat ('whole') dairy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you consume nuts and seeds like walnuts, hemp, flax & chia seeds?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you consume soybeans (edamame, tofu, tempeh)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you consume Brussels sprouts, broccoli & cauliflower?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you drink hemp, soy, flax or other non-dairy milk fortified with omega 3s?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you consume hempseed, canola, walnut, flaxseed, soybean oils?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Are you adding omega 3s to your day with supplements?

MOST DAYS | NEVER

Do you take fish oil, cod liver oil, or omega 3 supplements from fish?	<input type="checkbox"/>	<input type="checkbox"/>
Does your multi have added omegas (DHA, EPA, ALA)?	<input type="checkbox"/>	<input type="checkbox"/>
Do you take omega 3 supplements from plants?	<input type="checkbox"/>	<input type="checkbox"/>

Section B:

How much Omega 3 are you getting in daily?

(Each serving is ~1g ALA/EPA/DHA or read label)

< 1 serving | 1 serving | > 1 serving

How much fish: sardines* (1.5 oz), salmon* (2 oz), shrimp (3 oz), cod* (4 oz)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How much grass fed beef (3 oz)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How much grass fed, full-fat ('whole') dairy (varies, read label)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How much nuts & seeds: hemp (1 Tbsp), flax (½ Tbsp), walnuts (⅓ c), chia (¼ oz)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How much soy: tempeh/tofu (8 oz), edamame/soybeans (1 c), soy milk (20 oz)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*wild caught

Section B: (cont.)

< 1 serving | 1 serving | > 1 serving

How much Brussels sprouts (3 c) & broccoli (5 c) & cauliflower (5 c)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How much non-dairy milk: hemp & flax (6 oz) or fortified with omega 3 (read label)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How much omega 3-rich oils like walnut, canola, soybean (1 Tbsp), hempseed oil (1 tsp), flaxseed oil (1/2 tsp)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section C:

Are your omega 3s:

MOSTLY | NEVER

Organic?	<input type="checkbox"/>	<input type="checkbox"/>
Non-GMO? (if they are organic, they are Non-GMO by definition)	<input type="checkbox"/>	<input type="checkbox"/>
Grass Fed?	<input type="checkbox"/>	<input type="checkbox"/>
Pasture Raised?	<input type="checkbox"/>	<input type="checkbox"/>
Wild Caught?	<input type="checkbox"/>	<input type="checkbox"/>
Only from animal foods?	<input type="checkbox"/>	<input type="checkbox"/>
Only from plant foods?	<input type="checkbox"/>	<input type="checkbox"/>

Section D:

What's your current health status?

YES | NO

Do you have high cholesterol?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have heart disease?	<input type="checkbox"/>	<input type="checkbox"/>
Are you prediabetic or do you have diabetes?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have depression, anxiety, or ADHD?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have skin issues like eczema or psoriasis?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have arthritis?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have an autoimmune condition (rheumatoid arthritis, Type 1 Diabetes)	<input type="checkbox"/>	<input type="checkbox"/>
Are you pregnant or breastfeeding?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a digestive condition such as Crohn's/Ulcerative Colitis, a removed gallbladder, SIBO, celiac disease?	<input type="checkbox"/>	<input type="checkbox"/>

Have you noticed any of these symptoms?

YES | NO

Poor memory?	<input type="checkbox"/>	<input type="checkbox"/>
Dry skin?	<input type="checkbox"/>	<input type="checkbox"/>
Heart problems?	<input type="checkbox"/>	<input type="checkbox"/>
Mood swings?	<input type="checkbox"/>	<input type="checkbox"/>
Joint pain?	<input type="checkbox"/>	<input type="checkbox"/>

What do your answers tell you and your practitioner about your current nutrition?

In **section (A)**, are you getting a balance of whole food animal and plant omega 3s?

- Ideally your better nutrition plan is plant-based, so if you never or rarely have nuts, seeds, beans and the non-starchy vegetables mentioned above, to add those in more often.
Better Nutrition Tip: our bodies don't do an effective job of converting ALA (plant omega 3) into EPA and DHA without a satisfactory supply of certain nutrients. These nutrients include vitamin B3, vitamin B6, vitamin C, and the minerals zinc and magnesium - so make sure you are getting those too.
- In addition to plant-based choices, omega-rich fish is a great way to get your intake of omega 3s. You can also accessorize with grass fed beef, dairy and eggs.
- Are you relying on supplements for your omega 3 needs? They can be a helpful addition to meet your needs, but if they are your only source most days then you should ask your practitioner about the **Better Plant-Based Nutrition Guide** for better swaps to help you meet your better omega 3 intake with whole foods more often. And when using supplements, choose better whole foods supplements as opposed to isolates of only one or two omega 3s.
- High heat cooking can destroy omega 3s along with other nutrients so cook at lower heat (< 400F) and consider baking, broiling or steaming vs frying.
- Nut and seed butters, and their oils can be a great way to increase your daily intake of omega 3s. Aim for a variety to enjoy different flavors and nutrient intake.
- How you store your omega-3 rich foods matters. Freezing protects them as do dark, tightly closed containers and avoiding exposure to light and air. That's why clear bins at the grocery store may not be a good source for omega 3 rich nuts and seeds.

In **section (B)**

- If you want to meet your better omega 3 intake with whole foods, that means getting 1 - 2 servings of omega-3 rich foods daily.

In **section (C)**

- Quality is important. If you marked **MOSTLY** to certified organic, non-GMO, grass fed, pasture raised, or wild caught - great! These are better choices because animals that eat better food produce healthier fats - so these are the ones to choose more often.
- Plant vs Animal - If you are getting a mix of plant and animal sources of omega 3, great! If your omega 3s are only coming from animal sources, try to add some plants for variety. Include hemp, walnuts, flaxseeds, chia seeds, soybeans (edamame, tofu, tempeh), Brussels sprouts, broccoli and cauliflower in your diet daily.

In **section (D)**

- Certain health conditions will benefit greatly from increased intake of omega 3s. Did you say "YES" to any of the list conditions or symptoms? Get food and supplement advice from your practitioner.



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