

Omega-3 Fatty Acids

Omega 3 Fatty Acids (or omega-3s) are a type of unsaturated fat and are considered essential nutrients.

Omega-3s are important for all the cells of the human body, and are found in the largest amount in the brain and eyes.

3 Types of Omega-3s:

1. **EPA** (eicosapentaenoic acid)
2. **DHA** (docosahexaenoic acid)
3. **ALA** (alpha-linolenic acid)

EPA and DHA can be found in fish, whereas ALA is only found in plants.

Best sources of Omega-3s:

Fatty fish (mackerel, salmon, herring, sardines, anchovies)
Nuts and seeds (flaxseeds, chia seeds, walnuts)
Soybeans (edamame)

Fish are great sources of omega-3s but not everyone eats 2-3 servings/week that health experts recommend.

Kid-friendly recipes featuring omega-3 rich fish:

Salmon patties
Fish tacos
Salmon burgers
Fish quesadilla

Other omega-3 rich recipes to try with kids (not containing fish):

Flaxseed muffins
Flax and chia seed energy bites
Chia seed pudding
Soybean fritters
Crispy air-fried tofu
Edamame hummus

Essential nutrients are something the body cannot produce on their own, but can be obtained by eating foods that contain these nutrients.

TIP: One reason some children don't enjoy eating fish is the smell. Try to keep a window open or fresh air circulating to avoid any offputting smells when preparing fish.

Plant sources of omega-3s can't be used as effectively in the body as animal (fish) sources of omega-3s.



In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or (2) fax: (833) 256-1665 or (202) 690-7442; (3) or email: program.intake@usda.gov.