Omega 3's Fatty Acids for Brain Health Transcript

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Introduction to Omega-3 Fatty Acids

In this YouTube video, I will be discussing the following. What are Omega-3 fatty acids? What is the scientific research to show how do Omega 3 fatty acid help anxiety?

And what are some seafood and plant-based sources? Omega three fatty assets are essential fats that play a critical role in our brain health and physical health.

Our bodies cannot produce enough Omega threes on their own. which means we must obtain these from our diet. Now, let's break it up. Omega-3 fatty acids come in three main types.

First is ALA, alpha-linolenic acid, which is found in plant-based sources. Second is DHA, docosahexaenoic acids.

Omega-3 Types and ALA Conversion

And thirdly, EPA, archaizopentanoic, acid which are primarily found marine sources Today, though, I want to first focus on how we best use plant based sources of omega-3s which are in ALA.

ALa can be converted into EPA and DHA in the body. However, this conversion results in small amounts of EPA in Dha. In human studies, Green and colleagues demonstrated that in patients with social anxiety disorder, levels of the EPA DHa levels are reduced by 18 to 34%. Moreover, an inverse correlation exists between the levels of these omega-3s and the severity of anxiety.

Similar observations have been made by others, and these associations are backed by interventional trials. A randomized double-blinded placebo control trial on 68 medical students showed that 12 weeks of omega 3 supplementation lowered anxiety by 20%. This study also revealed that lower omega-6 to omega 3 ratios predicted lower levels of inflammatory markers and anxiety.

Research on Omega-3s and Anxiety

Lastly, a meta-analysis of 19 clinical trials, including 2,240 participants across 11 countries, concluded that omega three treatment is effective in reducing anxiety dose and omega threes are important to consider in studies that use doses lower than two grams per day, because these studies tended not to be effective in treating anxiety.

Salmon is often celebrated as the powerhouse of omega-3 fatty acids, particularly EPA and DHA, making it a great choice for boosting your intake. According to the Department of Agriculture, a three-ounce serving of cooked salmon contains approximately 1800 mg of omega 3 fatty acids, primarily in the form of EPA and DHA.

However, while salmon sits comfortably as a well-known source of Omega 3s, you might be surprised to learn that there are other foods containing even higher amounts of these essential fatty-acids.

Here are some foods with more Omega-3s than salmon. and delicious ways to enjoy them. All nutrition data is from the USDA and FDA, but note that some of these foods contain ALA omega-3 fatty acids, so swapping your salmon for these options won't be an exact comparison.

The salmon has predominantly DHA and EPA. Macro, for example, a different type of fish, has 5,000 milligrams of DHEA and EPA, omega 3 fatty acid per serving.

Seafood Sources Higher Than Salmon

which is about three and a half ounces. When it comes to Omega-3 content, mackerel is an impressive fish that surpasses salmon. While many people associate salmon with high Omega 3 levels, Mackerel actually delivers up to 5,130 milligrams of Omega threes per 3.5 ounce serving.

This makes Mackerels one of the richest natural sources of these essential fatty acids. Not only is Mackerel a nutritional powerhouse, but it also has more cost-effective and sustainable options than some of the other fish mentioned.

It is a rich flavor which can be enjoyed grilled, baked, or even as part of a tasty smoked dish. By including mackerel in your diet, it won't just boost your omega-3 fatty acid intake, It'll also add variety to your meals, making it easier to maintain a well-rounded eating plan, and eating healthier is easier.

Another great source of omega 3 fatty acids is herring, a small oily fish commonly found in both the Atlantic and Pacific Oceans. It's packed with nutrients and includes high levels of Omega- 3 Fatty Acids, specifically EPA and DHA.

It's also a great source of antioxidants and vitamin E. Next, I wanted to mention plant-based sources. Now remember, the plant based sources contain the short chain omega-3s, ALA.

And in walnuts, you get 2,500 milligrams of AL A per serving of approximately one ounce.

Plant-Based Omega-3 Sources

Chia seeds, which is rich in protein as well, has 5,000 milligrams of ALA for one ounce serving. And the hemp hearts, and I love to make hemp milk with my hemp parts, have 2, 000 milligrams for every three tablespoons.

So it's really key for you to know, in what I'm trying to say here, that there are certain fish that have a higher omega-3 content than just salmon. These sources may be more cost effective and may more sustainable and easier for you to acquire and even eat and prepare.

But also that the ALA, the short chain fatty acids found in plant based sources don't convert as well, but I'm going to teach you some tricks to make them a little bit more available to you.

The next question becomes, how much Omega-3s should you eat in your diet? People ask me this all the time. Well, the recommended daily intake of Omega 3 fatty acids varies depending on the type as well as the source.

According to the NIH, adults should aim for daily intakes of approximately 1.1 grams for females and 1 point 6 grams, for males of ALA.

Recommended Daily Intake

Which is, remember, a plant-based source of omega 3s on in foods like flax seeds, chia seeds and walnuts. When it comes to EPA and DHA, U. S. health agencies really don't offer much guidance for how much of these we should take.

For people with existing heart disease, the American Heart Association recommends approximately one gram per day of EPA plus DHEA, preferably from oily fish.

Data published in the Journal of the America Heart suggests that consuming three grams each day of EPA and DHA may help support healthy blood pressure.

Recommended amounts of omega-3s may vary for specific health conditions at different life stages, for example, pregnancy, managing certain diseases, and really depending on your own physical and mental well-being.

If you avoid fish in your diet, an algal oil or algae-based supplement may be worth considering and always ask your

healthcare provider.

How to Improve ALA Conversion

Enhancing the conversion of ALA, which is again the plant-based omega-3 fatty acid, into the long-chain derivatives, EPA and DHA, can be challenging due to the body's limited efficiency in this process.

However, certain dietary and lifestyle strategies may help improve this conversion. Reduce omega 6 fatty-acid intake Now, omega-6 and omega 3 fatty acids compete for the same enzymes during metabolism.

A high intake of omega 6 fatty acid can impact the conversion of ALA to EPA and DHA. Therefore, lowering your consumption of Omega 6 rich oils like corn oil or sunflower oil may enhance AL A conversion.

How else can you increase your ALa consumption? Boost your intake of ALA-rich foods, this can help you. This will provide more substrate for conversion.

Foods high in AL A include flaxseeds, chia seeds, walnuts and hemp seeds. Incorporate curcumin. Some research suggests that curicumin, a compound found in turmeric, may enhance the synthesis of DHA from ALa by increasing the activity of enzymes involved in the conversion process.

So including turmeric in your diet could potentially support this pathway. This is why I add turmeric to my cheer pudding when I make it. Another factor is gender differences.

Studies indicate that women may have a higher conversion rate of ALA to EPA and DHA compared to men, possibly due to the effects of estrogen. While this factor it's not modifiable, it is important to recognize individual differences in conversion efficiency.

So implementing these strategies may help improve the conversion of ALA to its beneficial long-chain omega-3 derivatives, supporting overall health and especially your mental fitness.

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