



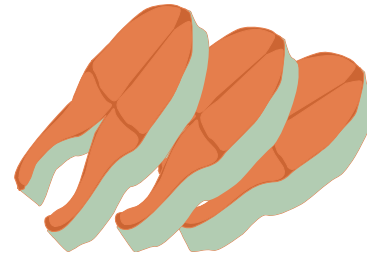
Fish and Fish Oils

What it Does

- Provides omega-3 fats
- Helps keep heart, blood vessels, and brain healthy

Food Sources

- Fatty fish such as salmon, trout, herring
- Smaller amounts in other fish



Recommendations

- Consume 8 ounces of fatty fish weekly
- For those who don't eat fatty fish weekly, then ask your doctor about taking fish oil supplements
- About one to three grams of fish oil supplements helps lower the risk of heart disease and may also protect the brain
- Higher amounts of fish oil may help lower blood triglycerides (ask your doctor about this)
- Buy supplements from a trusted source, such as your local pharmacist or grocery store