

TEST YOUR OMEGA-3 IQ

How do you get your omega-3s?



SALMON OR OTHER FATTY FISH AND/OR A SUPPLEMENT
like fish oil, krill oil or algal oil



CHIA, FLAX, WALNUTS OR OTHER NUTS AND SEEDS



I'M NOT SURE I'M GETTING ANY OMEGA-3s
since I don't eat a lot of fish, nuts or seeds

GREAT!

You're getting EPA & DHA omega-3s!

GOOD

You're getting your ALA omega-3s, but you might be missing out on important EPA & DHA fatty acids.

TELL ME MORE

about the different types of omega-3s and how to get them

DO YOU KNOW WHAT EPA & DHA ARE?

YES,
they're nutrients that are good for the heart, brain and eyes, and during pregnancy.

NO,
what are they?

DO YOU KNOW THE DIFFERENCE BETWEEN THESE FATS?

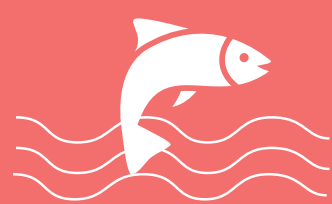
I'm not sure.
Tell me more...

I do, but so what?
Aren't all omega-3s good for me?

**EPA
DHA
ALA**



ALA omega-3s are shorter-chain fatty acids found in plant foods like flax seeds and walnuts.



EPA & DHA are long-chain fatty acids found in marine sources like fatty fish and marine microalgae.

ALA is a building block for making EPA & DHA, but our bodies don't convert ALA to EPA & DHA very well.

In fact, while most people get plenty of ALA, more than

90% of people worldwide **DON'T** get enough EPA & DHA.

Aren't all omega-3s equal?

Why should I focus on EPA & DHA?



Adults should aim to get at least
500mg
of EPA and DHA per day.

How much EPA & DHA do I need?



EPA & DHA omega-3s

play a key role in heart, brain and eye health throughout life. They are also important during pregnancy and infancy.

ARE YOU GETTING THE RECOMMENDED AMOUNT?

I am!

I don't think so. How can I get more EPA & DHA?



To help reach this goal:

- **EAT** two servings of fatty fish like salmon or sardines per week
- **CONSUME** EPA & DHA-fortified foods and beverages
- **TAKE** a daily omega-3 supplement

I don't eat fish or fish products.



Algae supplements are a great **VEGETARIAN AND VEGAN** source of EPA & DHA omega-3s.

I can do that!

GREAT! You're an EPA & DHA omega-3 expert.

Want to learn even more about the benefits of EPA & DHA omega-3s for overall health?

VISIT [alwaysomega3s.com](https://www.alwaysomega3s.com).