

# NEW-trition

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SOBEYS DIETITIANS HAVE A WORLD OF HEALTHY IDEAS FOR YOU

## Shopping Tip

Look for products fortified with omega-3 fat. Choose ones which list fish oil or algal oil in the ingredient list.

## Teriyaki Salmon Salad

Makes 2 servings

### Ingredients:

- 1 tsp (5 ml) Teriyaki sauce
- 1½ tbsp (22 ml) Orange juice
- 1 tbsp (15 ml) Lime juice
- 2 tsp (10 ml) Brown sugar
- 1 tsp (5 ml) Ginger, minced
- 1 tsp (15 ml) Sesame oil
- 1 can (213 g) Salmon, no added salt, drained
- 4 cups (1 L) Mesculin salad greens
- 1 tsp (5 ml) Sesame seeds, toasted

### Directions:

1. In a medium bowl, whisk teriyaki sauce, orange juice, lime juice, brown sugar and ginger. Add sesame oil and continue whisking.
2. Separate salmon into chunks, using a fork. Add to greens.
3. Drizzle dressing over greens and toss to combine. Sprinkle with sesame seeds.

### Nutrition Information per Serving (2 cups greens, ½ cup salmon + dressing):

Calories	275
Fat	14 grams
Carbohydrate	10 grams
Fibre	2 grams
Protein	25 grams
Sodium	254 milligrams

This recipe provides 3.09 g EPA/DHA and 0.04 g ALA.

## Health Benefits of Omega-3 Fat

Not all fats are bad for your health. Omega-3 fat is one that most people do not get enough of. It is an essential fatty acid, which means it can't be made by your body so you must get it from your diet.

Omega-3 fat is needed for good health. It is part of all cells in the body, especially the brain, heart and eyes. Getting enough omega-3 fat may help:

- Lower the risk of heart disease by reducing triglycerides and increasing HDL cholesterol (good cholesterol)
- Lower blood pressure
- Improve eye and nerve health

Omega-3 is also needed during pregnancy and breastfeeding for healthy brain, eyes and nerves of baby. There is evidence that omega-3 fat may help other conditions such as cancer and arthritis but more research is needed.

## Omega-3 Fat in Food

There are three different kinds of omega-3 fat in foods. Most of the omega-3 fat that people eat is ALA (from plants such as vegetable oils, nuts, seeds, flax and wheat germ). Most health benefits, however, come from EPA and DHA (marine sources such as fish, fish oil or algal oil).

To get the omega-3 you need to stay healthy, you should follow Canada's Food Guide recommendations.

- Eat at least two Food Guide servings of fish each week. A serving of fish is 75 grams, 2½ ounces or ½ cup. Omega-3 fat is found in all fish but fatty fish have the highest amounts. Remember fatty fish by SMASH T (salmon, mackerel, arctic char, sardines, herring and trout).
- Have 2-3 tbsp (30-45 ml) of unsaturated fat every day. This includes soft margarine, vegetable oils, salad dressings and mayonnaise.

Dietitians are available in select Sobeys stores. For more information, contact your local store.

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## Fact or Fiction?

**All foods fortified with omega-3 fat are good choices.**

**False**

A product is not healthy just because it has omega-3 fat. Some omega-3 fortified foods are high in total fat, sugar or calories.

**Tip:** Read the label to find out how much omega-3 fat the product has. You may be surprised that some fortified foods have very little omega-3 fat.

**You may have side effects if you have too much omega-3 fat.**

**True**

High doses of omega-3 from supplements may cause harm. Too much can increase bleeding, cause gas, bloating, burping and blood in urine.

**Tip:** Talk to your doctor or pharmacist to find the dose that's right for you.

## Pharmacy Corner

Sobeys Dietitians and Pharmacists work together to improve the health of people in our communities.

Keep these recommendations in mind if you are choosing an omega-3 supplement.

- Choose a product with a DIN, NPN, or DIN-HM number on the label. This means the product meets Health Canada's standards for quality, safety and effectiveness.
- Avoid products that have "mega-doses" of any ingredient.
- Check that the supplement will not interact with your other prescription or nonprescription medications.

Ask your PROfile Pharmacist for help with this.

## Fill Up On Fish

Find ways to eat more fish since most health benefits come from EPA/DHA.

- Cook extra fish so you have leftovers for the next day.
- Keep frozen fish on hand for quick meals.
- Use chowder mix for a fast soup.
- Have sandwiches made with canned salmon or sardines.
- Top salad or pasta with canned tuna.
- Make breaded fish by dipping in egg whites and rolling in flour, crushed cereal or bread crumbs.
- Flavour fish using garlic, herbs, wine or lemon juice.

### Foods Fortified with Omega-3 Fat

Foods fortified with omega-3 fat are an option if you don't eat fish. These foods provide only small amounts of omega-3 fat compared to fatty fish, but small amounts can add up.

Many foods have omega-3 claims on the front of their packages. Since foods can be fortified with ALA or EPA/DHA, you need to read the ingredient list for more details. Look for marine sources such as fish oil or algal oil.

Try foods fortified with EPA/DHA such as omega-3 eggs, margarine and yogurt. If you choose foods fortified with ALA (flax seed or flax oil), you need to eat more to get health benefits.

## Omega-3 Fat and Heart Disease

People with heart disease need more omega-3 fat than healthy people. Canada's Food Guide recommendations should provide 0.5 grams EPA/DHA per day. People with heart disease and high triglycerides need more than healthy people. Supplements may help to get the amount of omega-3 fat recommended.

- 1 gram of EPA/DHA per day (heart disease)
- 2-4 grams of EPA/DHA per day (high triglycerides)

## Help Others Improve Their Health

Share this newsletter with your family or friends. Register by emailing [Dietitians@sobeys.com](mailto:Dietitians@sobeys.com).

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