



## NOTHING FISHY ABOUT OMEGA-3 HEALTH BENEFITS

Getting omega-3 fats from food is preferred to getting it from a supplement.

Fatty fish with a dark-red-color flesh, like salmon, tuna, sardines, herring and lake trout, are the richer sources of omega -3 fats. Health experts recommend eating two servings of fatty fish each week.

Plant sources of omega-3 fats include chia seed, canola oil, walnuts, walnut oil, flax seed, omega-eggs, wheat germ and soyfoods. The body first has to convert the omega-3 fat in plant foods for its use, so you get fewer omega-3 fats from plant foods than you do from fish. This is still a good way to boost the omega-3 health benefits.

### FISH OIL SUPPLEMENTS?

For those people who don't eat two servings of fish each week, fish oil supplements may be a solution to getting more omega-3 fats in the diet. The American Heart Association suggests:

1 gram of omega-3 fats (EPA + DHA) in fish oil supplements daily with pre-existing heart disease.

2 to 4 grams to lower triglycerides may be recommended under a physician's care. Taking a fish oil supplement may have side effects and may interact with medications, so always check with your physician before using omega-3 supplements.



### TOP HEALTH BENEFITS FROM OMEGA-3 FATS INCLUDE:

**Prevention of Heart Attacks and Strokes:** Omega-3 fats are one of the best foods for your heart. May help lower triglycerides (20–50%), increase HDL (“good”) cholesterol, reduce irregular heartbeat and help prevent hardening of arteries.

**Brain Health:** Omega-3 fats are concentrated in brain cells and have an important role in memory and brain function, important for adults and children.

**Reduction of Inflammation:** Omega-3 fats have an anti-inflammatory effect. They may help reduce the pain associated with arthritis, especially rheumatoid arthritis. Reducing inflammation may also lower disease risk throughout the body for such diseases as cancer, heart disease, inflammatory bowel disorders and others.

# WHAT'S NEW & EXCITING



## BEANITOS CHIPS

Varieties include black bean chips, and pinto bean and flax chips. Chips are corn-free, gluten-free, high in fiber, contain 4 grams of complete protein and provide 600 mg (black bean) or 1200 mg (pinto bean and flax seed) omega-3 fat.



## CHIA SMART DRESSINGS AND SAUCES

All-natural dressings and marinades such as balsamic, honey mustard and French. Made with chia to boost omega-3 fat and antioxidants. [www.chiasmart.com](http://www.chiasmart.com)



## HODGSON MILL WHOLE-WHEAT COUSCOUS WITH FLAXSEED AND SOY

Contains 450 mg omega-3 fats per serving. Provides 6 grams fiber per serving. Quick and easy prep for a healthy side dish.

## DID YOU KNOW...

September 13th is National Celiac Awareness Day. September 13th is Dr. Samuel Gee's birthday. Dr. Samuel Gee is credited with being the first to identify the link between celiac disease and diet. For more information or recipe ideas, check out [www.hy-vee.com](http://www.hy-vee.com) or contact your local Hy-Vee dietitian.

## GLUTEN-FREE PUMPKIN BARS

### ALL YOU NEED:

- 1 pkg Full Circle spice cake mix
- 3 large Omega eggs
- 3 tbsp milled flax seed
- 1/2 cup canola oil
- 1 cup canned pumpkin
- 1 tub Betty Crocker Cream Cheese Frosting
- 1/3 cup chopped walnuts

### ALL YOU DO:

Preheat oven to 350 degrees F. Grease 9-by-13-inch pan. Combine cake mix, eggs, flax seed, oil and pumpkin in large bowl. Beat at medium speed with electric mixer for 2 minutes. Pour into pan. Bake 36 minutes. Cool completely. Frost bars with cream cheese frosting. Sprinkle walnuts on top. Enjoy!

Source: Becky Guittar, Hy-Vee Dietitian

## BROCCOLI-CHIA SLAW SALAD

Serves 4

### ALL YOU NEED

- 1 (12-oz) pkg broccoli slaw mix
- 1/2 (15-oz) jar Jimmy's fat-free coleslaw dressing
- 1/2 cup Hy-Vee dried cranberries
- 1/4 cup chia seeds
- 1/4 cup Hy-Vee sunflower seeds

### ALL YOU DO

1. In a large bowl combine broccoli slaw, dressing, cranberries and chia seeds. Cover and refrigerate at least 1 hour. Sprinkle with sunflower seeds just before serving.

Nutrition facts per serving: 195 calories, 6g fat, 1g saturated fat, 0mg cholesterol, 500mg sodium, 32g carbohydrate, 7g fiber, 6g protein

Source: Hy-Vee Recipe of Month, Try Foods International



*The information is not intended as medical advice. Please consult a medical professional for individual advice.*