

Lifestyle Lessons

Personal risk management tips provided by:
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Consume “Good Fat” to Stay Healthy

Contrary to popular belief, not all fat is bad for you, especially if it contains omega-3 fat. This is considered a “good” fat, and it is not naturally produced by the human body, but it has a hand in reducing the risk of cardiovascular disease. It also has been shown to reduce high blood pressure, inflammation, inhibit cancer growth, help alleviate depression and benefit diabetes. Fish are the most abundant source of omega-3 fat, as the fish absorb this special substance when eating algae and other marine life.

Recommended Servings

To get the proper amount of omega-3 fat, you should consume two or more servings of fatty fish such as salmon, herring, whitefish, tuna, mackerel, rainbow trout or sardines each week. If fish is not your fancy, consider taking a fish oil supplement to obtain the equivalent of two fatty fish meals. This is roughly 600 mg of omega-3 fat in the form of fish oil supplements per day. Those with heart disease should consume 1,000 mg of omega-3 daily and those with high blood levels of triglycerides should consume two to four grams per day, as directed by the American Heart Association (AHA).

To determine the actual amount of omega-3 fat in a fish oil supplement, check the label and add the EPA plus DHA plus “other omega-3” ingredients.

Supplement Use

There are several precautions that you should remember when taking fish oil, as with all vitamin and mineral supplements:

- Do not take fish oil supplements if you are using any blood thinning medications.
- Choose products with the words “pharmaceutical grade” or “molecularly distilled” on the bottle.
- Stop taking fish oil and other dietary supplements two weeks prior to having surgery.
- Take 200 to 400 IU of natural vitamin E daily if you consume more than two grams (2,000 mg) of fish oil daily.
- Consult your doctor before taking any supplements to assure that they are right for you and do not interact negatively with other medications you are currently taking.



Healthy Hints

According to the AHA, most Americans are omega-3-deficient because the foods in our diets are refined and over-processed. However, by consuming omega-3—something that is almost entirely missing from the average diet—people can actually repair some of the damage that the refined and over-processed foods are causing.

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