

# 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?*

*DO YOU KNOW THE DIFFERENCE BETWEEN THESE FATS?*

**YES,**

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

**NO,** what are they?

**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 Americans get a sufficient amount of ALA, more than

**95%** of Americans **DON'T** get enough EPA & DHA.

**Aren't all omega-3s equal?**

**Why should I focus on EPA & DHA?**



**EPA & DHA omega-3s** play a key role in heart, brain and eye health throughout life. They are also important during pregnancy and infancy.

Adults should aim to get at least

**500mg**

of EPA and DHA per day.

**How much EPA & DHA do I need?**

*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 [alwayssomega3s.com](http://alwayssomega3s.com).



**Omega-3s**  
Always a good idea™