

# Vegan ways to get

# Omega-3

GREEN TIPS – SEP 2021

My Green Pledges: Eat more vegetables



The “magic nutrient”, Omega-3, is a group of fatty acids that our body cannot make on its own. Within the Omega-3 family, ALA (Alpha-linolenic acid), EPA (Eicosapentaenoic acid) and DHA (Docosahexaenoic acid) are essential for our health and wellbeing.

## Benefits of Omega-3

- Reduce inflammatory
- Maintain neurological functions
- Lower blood pressure
- Help prevent heart disease

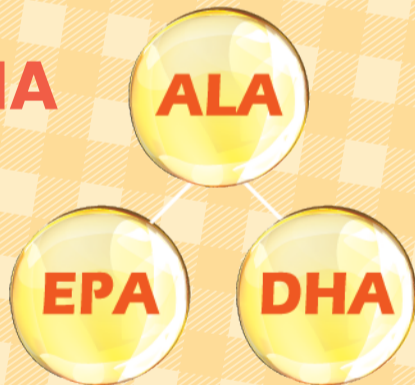
## Plant-based Omega-3

Eating fish has been a standard recommendation but there are a lot of other plant-based alternatives for all of us to get Omega-3 we need!

recommended daily intake of Omega-3: 0.25-0.5g

## ALA, EPA & DHA

ALA, EPA and DHA are the three main Omega-3 fatty acids, and ALA can be converted into EPA and DHA in our body.



We can absorb ALA through our diets – and from a variety of plant-based sources as well – so we can secure EPA and DHA.

We do not necessarily rely on fatty fishes and meat products to get EPA and DHA. Some plant-based or ALA-rich vegan choices can also offer us the chance to get EPA and DHA.

## Read more:

- What are the best sources of Omega-3? – Medical News Today
- Chia Pudding Recipe – Simple Happy Kitchen



### Seaweed and Algae

- contain both EPA and DHA
- important sources of Omega-3 for vegan and vegetarians



### Flax seeds

- contain 6g of ALA per tbsp



### Chia seeds

- contain 5g of ALA per 1-oz serving



### Kidney beans

- contain 0.1g of ALA per half-cup



### Walnuts

- contain 3g of ALA per cup



### Edamame

- contain 0.28g of ALA per half-cup

(Source: USDA National Nutrient Database for Standard Reference)

#### References:

- green queen. #VeganHealth: The Best Plant-Based Sources For Omega-3 Fatty Acids. 2020. Available: <https://www.greenqueen.com.hk/veganhealth-the-best-plant-based-sources-for-omega-3-fatty-acids/>
- Mahabaleshwar V. HegdeAnand Arvind ZanwarSharad P. Adekar. Omega-3 Fatty Acids- Keys to Nutritional Health. 2016. Springer

