

Sources of Omega 3 Fatty Acids

Unfortunately, it is a sad but true fact that today's society is so hopped up on chemically altered, addictive and terrible foods that our systems are highly defunct in the very essentials that attribute to our health. Just under three quarter of people in the western world are known to be deficient in omega 3 essential fatty acids and so we must add some sources of omega 3 fatty acids. Of course, it is wonderful to also obtain these sources of omega 3 fatty acids through food intake but this is becoming an incredibly difficult task in today's world. What are the Sources of Omega 3 Oils? Of the foods, sources of omega 3 essential fatty acids are found in items such as nuts especially walnuts or almonds; broccoli and cauliflower, spinach, brussel sprouts, cabbage, flaxseeds and various types of seafood have many sources of omega 3 however, the best of them all is fish. Fish is extremely high in essential fatty acids and is the best food to obtain these essentials. Fish can pose as a problem however, and one of the best sources of omega 3 needs to be examined in how it is processed. Due to the on going and growing pollution problem, the sources of omega 3 fish oil get contaminated as our pollution can be absorbed by the flesh of the fish and can cause many fish oil products to become contaminated. Some of these products that are manufactured with these types of fish have been discovered to contain toxins and other contaminants like heavy metals in the end product. It is essential when purchasing fish oils that you obtain a product that has got a pharmaceutical grade on it as this ensures the best product available on the market, from any supplier. Equally important is that the process in which they purify the product to ensure all and any contaminants are removed, this is a process called molecular distillation. You should not purchase a product that has not been made from raw material and that is harvested from polluted waters and if you research clean fish, you will find that the best place to collect fish for one of the best sources of omega 3 is New Zealand, which will ring in at number time, search after search.

About the Author

The Nutrition Studies Program is part of the Complementary and Alternative Medicine Program at Stanford. For more about Nutrition Studies, read About Us.

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