



## GET YOUR GOOD FATS HERE!

A few easy, tasty ways to consume more omega-3s.

**Fish** are rich in EPA and DHA. Pink salmon (3 oz=1.1 g), sardines (3 oz=1.7 g) and tuna (4 oz=1 g) are especially good beneficial. Shrimp and crab are also delicious sources, but have lower amounts (3 oz=0.27 g and 0.35 g, respectively).

**Eggs** are in: 1 large Wegmans Omega-3 egg=0.40 g of DHA/EPA.

**Walnuts** have loads of ALA: 1 oz=2.6 g. Good reason to get cracking!

**Flaxseeds** pack a big ALA punch; 1 oz=1.8 g. Add a tablespoon to yogurt, cereal, pancake batter or on salads. Flaxseed oil has even more ALA: 1 tbsp=6.9 g.

**Dark greens** such as broccoli and spinach boast 0.13 g and .014 g of ALA per 100 g serving, respectively.

## Why You Should Eat More Fat

Because it can boost your health. But you must choose the right kind of fat, and omega-3s are the answer. **By Keri Glassman, M.S., R.D., C.D.N.**

**i**n today's slim-obsessed culture, you may go out of your way to avoid eating fat. We say, eat more—some types are actually good for you. Essential fatty acids such as omega-3s can help ease aching joints after a taxing round on a hilly course and hone your mental focus to sink those long putts. These fats are “essential” because our bodies can't make them, so we have to ingest them. In fact, 30 percent of your daily calories should come from fat, but you need to eat wisely.

Fat can be fabulous. It insulates muscles, protects vital organs, gives hair and skin a lustrous glow and helps to transport the fat-soluble vitamins A, D, E and K through our systems. But if you've seen a margarine commercial lately, you know that all fats are not created equally. Butter, whole dairy products, marbling on meat and packaged and processed foods contain artery-clogging saturated and trans fats that can lead to heart disease and high blood pressure.

Enter the good fats. Omega-3 fatty acids are polyunsaturated, and they have a structure similar to that of monounsaturated vegetable oils. They help to prevent blood clots, strokes, heart attacks and high blood pressure. They can help maintain brain signals and aid mental acuity necessary for on-course focus.

In addition, they convert to prostaglandins, natural anti-inflammatory substances that do everything from battle lupus to reduce joint pain. Omega-3s may even control the rate at which cells multiply, which could help to slow the spread of some cancers.

The most beneficial omega-3s are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), found in oily fish such as cod, mackerel and salmon. A third type, alpha linolenic acid (ALA) from plants, converts to EPA and DHA in the body.

Working omega-3s into your diet is easy. The average woman needs 1.1 grams of EPA and DHA omega-3s a day (see suggestions for sources above). Fish is the best source, and the American Heart Association recommends at least two servings per week. I advise people to eat salmon or sardines because both are high in omega-3s and low in mercury. If fish isn't your dish, try a supplement such as Coromega, a fish oil emulsion (it tastes like oranges). And look for foods that are fortified with omega-3s, such as eggs, breakfast cereals and pasta. Now start fattening up! □

*Keri Glassman is a registered dietician and president of KKG Body Fuel, a nutrition counseling practice in New York City.*

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