

# 3 Fat Facts from NUTRITERRA TOTAL OMEGA -3

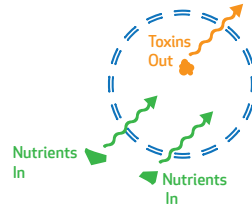
## 1. WHY WE NEED THEM

Fats are essential nutrients that play critical roles in the body. Especially important is their function in cell membranes, where a healthy mix of saturated and unsaturated fatty acids allow molecules and information to flow freely.

### ROLES OF FAT:

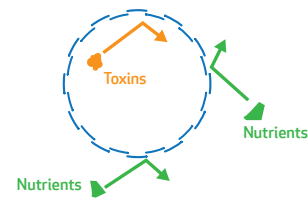
- Energy source
- Insulate and protect
- Integral component of body cell membranes
- Transports fat soluble molecules
- Regulates gene expression

### Unsaturated and Saturated fatty acids



Unsaturated fats support flexible cell membranes, allowing nutrients in and toxins out.

### Saturated fatty acids



Excessive saturated fats make membranes rigid and can disrupt flow into and out of cells.

## 2. TYPES OF FAT

A balanced intake of unsaturated and saturated fats should be consumed in a healthy diet. Unsaturated fats are known to support heart health and improve cholesterol. Trans fats do not confer health benefits.

### SATURATED FAT



Red meat  
Dairy products  
(cheese, milk, butter)  
Coconut oil

### UNSATURATED FATS



**Monounsaturated Fatty Acids**  
Olive Oil  
Avacados



**Polyunsaturated Omega-3**  
Fatty Fish  
Flax seed



**Polyunsaturated Omega-6**  
Vegetable oils  
Corn, Soybean

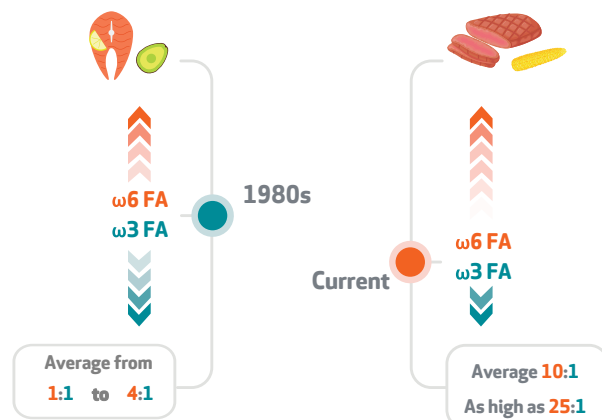
### TRANS FAT



Margarine  
Hydrogenated vegetable oil  
Highly Processed Foods

## 3. RATIOS MATTER

The right balance of unsaturated fats is important. Most people consume more Omega-6 fatty acids than needed because these are so prevalent in the foods we eat; this can lead to inflammation. As a rich source of Omega-3, Nutriterra provides an easy way to re-balance fat intake and support overall health.



Diets have changed dramatically over the past 50 years, leading to an unhealthy imbalance in the omega-6:omega-3 ratio.

**nutriterra**

Nutriterra Total Omega-3 provides  
DHA+EPA and ALA Polyunsaturated  
Omega-3 Fatty Acids