

3 Fat Facts from NUTRITERRA TOTAL OMEGA -3

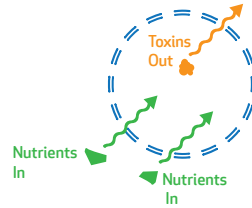
1. WHY WE NEED THEM

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:

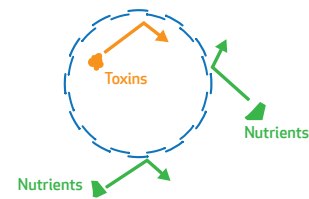
- Energy source
- Insulate and protect
- Integral component of body cell membranes
- Transports fat soluble molecules
- Regulates gene expression

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 ridged 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

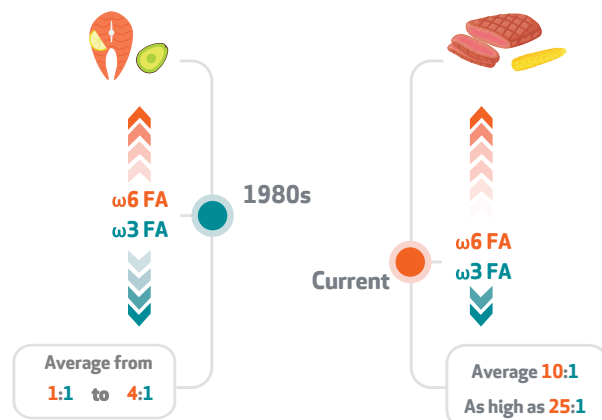
TRANS FAT



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