

# Fish & OMEGA3s

Omega-3 fatty acids from fish have numerous health benefits. The following are just a few to wet your appetite.

“Randomized trials have convincingly documented that omega-3 fatty acids can significantly reduce the occurrence of CVD (cardiovascular disease) events in patients with coronary artery disease. The strongest evidence to date is from studies in which marine derived omega-3 fatty acids have been consumed as supplements or fish.” [1]

Omega-3 fatty acids are also essential precursors for the manufacture of resolvins, protectins, maresins, and lipoxins, substances necessary to resolve unnecessary and damaging inflammation, the hallmark of a cytokine storm. [2]

Salmon and salmon roe are good sources of a red-orange pigment called astaxanthin, a powerful antioxidant and anti-inflammatory compound which can protect skin from ultraviolet radiation and have anti-aging effects. [3-5]

Higher intake of dietary fish is associated with a decreased likelihood of having neovascular age-related macular degeneration. [6]

Vitamin D3 plus omega-3 fatty acids cosupplementation in colorectal cancer patients has beneficial impacts on inflammation and nutritional status. [7] This paper is of particular interest as it highlights the complementary nature of various nutrients. I've known that magnesium, vitamin K, and vitamin A are necessary for optimal utilization of vitamin D. This article points out that fish oil might be another tool to optimize the effect of vitamin D.

## **Great Sources Of Omega-3's**

*Fresh or Frozen with high omega-3 content*

Salmon Caviar (Roe)

Sablefish

Salmon

Lake trout

Wild-Caught Chilean Sea Bass

Albacore tuna

*Canned fish with high omega-3 content*

Mackerel

Sardines

Anchovies

Herring

*Other fish, with lower levels of omega-3's, to consider, include the following, listed in descending order of omega-3 content:*

Trout

Spiny lobster

Halibut

Shrimp

Catfish

Sole

Cod

Shellfish: Oysters, clams, mussels - can be included in the list of good but lower sources of omega-3's.

**Mail order resources for good fish:**

<https://www.vitalchoice.com> for fresh, frozen and canned fish

<https://www.wildplanetfoods.com> for canned fish - good source for white anchovies

## REFERENCES

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7. Haidari, F., et al., *Randomized Study of the Effect of Vitamin D and Omega-3 Fatty Acids Cosupplementation as Adjuvant Chemotherapy on Inflammation and Nutritional Status in Colorectal Cancer Patients*. *J Diet Suppl*, 2020. **17**(4): p. 384-400.