

3-6 years
Article

Benefits of Omega-3

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OMEGA-3 & ITS BENEFITS



OMEGA-3

One of the **essential fats** for our body & is present in food under **3 different types**:

Alpha-Linolenic Acid
ALA

Eicosapentaenoic Acid
EPA

Docosahexaenoic Acid
DHA



WHY IS IT ESSENTIAL?

It is **essential** because our bodies cannot produce it properly & we must obtain it from the **food** we eat¹



It is also **essential** because it plays key roles in our body related to **health & disease prevention**²



The health benefits conferred by **n-3 fatty acids** are important throughout the lifespan which means that **omega-3** has **major health benefits** on all age groups³



OMEGA-3 BENEFITS



1 BRAIN & VISION HEALTH in early age development

Healthy brain development (increase in volume & enhanced motor skills) in infants and children "brain growth spurt"⁴ that starts from the last trimester of pregnancy until first 5 years of child's age⁵

Enhanced cognitive development: May lead to better vocabulary comprehension, better verbal intelligence, better attention & memory, reasoning & strategic planning⁶

May improve **visual development** in children⁴



2 HEALTHY IMMUNITY in early age development

Helps in the development of a **good immune system** in children to **fight allergies & sickness**⁷

NATURAL SOURCES OF OMEGA-3⁸



¹ <https://pubmed.ncbi.nlm.nih.gov/29350557/>

² <https://ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/>

³ <https://www.mdpi.com/2072-6643/11/1/177/html>

⁴ <https://pubmed.ncbi.nlm.nih.gov/29413359/>

⁵ <https://ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/>

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OMEGA-3 BENEFITS

1 BRAIN & VISION HEALTH IN EARLY AGE DEVELOPMENT

- Healthy brain development (increase in volume & enhanced motor skills) in infants and children "brain growth spurt" that starts from the last trimester Of pregnancy until first 5 years of child's age.
- Enhanced cognitive development: May lead to better vocabulary comprehension, better verbal intelligence, better attention & memory, reasoning & strategic planning.

- May improve visual development in children

2 HEALTHY IMMUNITY IN EARLY AGE DEVELOPMENT

Helps in the development of a good immune system in children to fight allergies & sickness

NATURAL SOURCES OF OMEGA-3

- Breast Milk
- Salmon
- Sardines
- Tuna
- Flax Seeds
- Chia Seeds
- Soy Beans
- Walnuts
- Canola Oil
- Salflower Oil
- Sunflower Oil