3-6 years
Article

# Benefits of Omega-3

**MAY 27, 2022**

Breastfeeding is best for babies

# OMEGA-3
## & ITS BENEFITS

## OMEGA-3

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

- Alpha-Linoleic 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 eat[2]

It is also **essential** because it plays key roles in our body related to **health & disease prevention**[1]

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 groups[3]

## 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[4]

**Enhanced cognitive development:** May lead to better vocabulary comprehension, better verbal intelligence, better attention & memory, reasoning & strategic planning[4]

May improve **visual development** in children[4]

### 2 HEALTHY IMMUNITY in early age development

Helps in the development of a **good immune system** in children to **fight allergies & sickness**[4]

## NATURAL SOURCES OF OMEGA-3[5]

- Breast Milk
- Salmon
- Sardines
- Tuna
- Flax Seeds
- Chia Seeds
- Soybeans
- Walnuts
- Canola Oil
- Safflower Oil
- Sunflower Oil


[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/htm

[4] https://pubmed.ncbi.nlm.nih.gov/29413359/

[5] https://ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/


**IMPORTANT NOTICE.** Exclusive breastfeeding is recommended during the first 6 months of life followed by the introduction of adequate nutritious complementary foods, along with sustained breastfeeding up to two years of age and beyond.

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