

NUTRITION NEWS & NOTES

Research Lauds Benefits of Tuna And Salmon Rich In Omega-3

(NAPSA)—For years, research has shown that men with a history of heart disease can reduce the risk of sudden death by consuming omega-3-rich fish, but recent studies show similar results for women and the benefits for both men and women who have a healthy history.

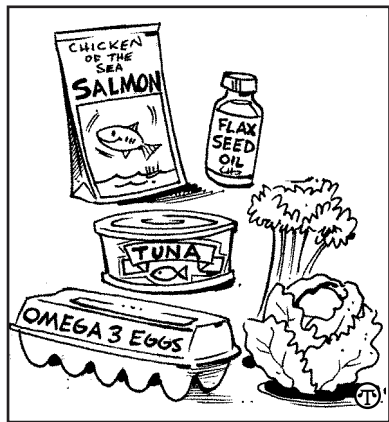
The *Journal of the American Medical Association* reports that omega-3 fatty acids in such fish as salmon and albacore tuna reduce a woman's risk of heart disease by one-third. The *New England Journal of Medicine* reports a decline of about 80 percent in men.

"Omega-3 is a natural fatty acid, but not high-saturated fat—a contributor to high cholesterol," said Sharon Mc Nerney, a registered dietitian from California. "A healthful, balanced diet that includes omega-3 foods like salmon and albacore tuna is known to help reduce the risk of heart disease, and these recent reports further emphasize that, particularly for women."

Recommended additions to your diet to increase your consumption of omega-3 include:

- English walnuts;
- Chicken of the Sea albacore tuna or salmon (canned or in the pouch);
- Flaxseed oil (uncooked);
- Grass-fed beef;
- Chia seeds;
- Green leafy vegetables; and
- Wild game.

The "*Mayo Clinic Heart Book*" outlines easy-to-follow tips to avoid heart disease, including eating fish that contains omega-3 to reduce the risk of dangerous blood clotting. The American Heart Association recommends two serv-



ings of fish per week for the benefits of omega-3.

Another recent study shows pregnant and nursing women may be able to reduce the development of postpartum depression with a higher consumption of omega-3. The study, released at the national meeting of the American Chemical Society, also shows neurological development of babies can improve when mothers increase their consumption of foods rich in omega-3, such as albacore tuna and salmon.

"This research further reinforces the importance we all must give to our diets. If it means finally letting go of the sweets and high-fat meals many consumers in the United States have come to favor, a longer, healthier life far outweighs the risk," said Don George, senior vice president of marketing for Chicken of the Sea International. "We have always been proud of the quality and healthy values we provide in our salmon and albacore tuna."

For more information about the benefits of a diet rich in omega-3, you can visit the Web site at www.chickenofthesea.com.