

Nutrition News And Notes

More Ways To Get Your Omega-3s

(NAPSA)—For the past few years, we've all heard how important omega-3 fatty acids are for good nutrition.

But as much as some people may want to join the bandwagon, two things may have been holding them back. First, as implausible as it sounds to fish lovers, not everyone likes or is able to eat salmon, tuna and other omega-3-rich seafood. And second, while taking omega-3 supplements may sound like a quick fix, they sometimes have an unpleasant fishy aftertaste.

Now a canola oil made with a particularly important type of omega-3—called DHA—could offer a solution. **Crisco® Puritan® Canola Oil with Omega-3 DHA** is enhanced with Martek Biosciences' patented *life'sDHA™*, a premium source of DHA derived from algae instead of fish. Because it's plant based, the vegetarian oil doesn't impart a fishy taste or aroma, so it's ideal for baking, salad dressings, marinades, stir-fries and more. And it's still an excellent source of DHA.

"The oil makes it easy to add omega-3 DHA to your daily routine," explains Julie Upton, M.S., R.D., a registered dietitian and nutrition writer. "You can use it to sauté, bake or cook like you usu-



Certain types of cooking oil can be an easy way to boost your intake of omega-3 DHA fatty acids.

ally would, but you're getting a boost in the process." The oil, which includes 32 mg of DHA per serving, is naturally cholesterol- and sodium-free and contains zero grams of trans fat.

The ABCs of DHA

Just how important is omega-3 DHA? It's the main structural fat in the gray matter of our brains and retinas as well as a key component of the heart. There's currently no official recommended daily intake of DHA, but Upton says the typical American needs more of the fatty acid in his or her diet.

In addition to canola oil, sources of DHA include certain types of milk, cheese and juice.

For more information and recipes, visit www.crisco.com.