

Omega-3s: The Missing Link in the Western Diet and How to Replace Them

Omega-3 fatty acids are essential nutrients that our bodies cannot produce on their own. We must get them from the foods we eat. Omega-3s play a vital role in many bodily functions, including heart health, brain development, and immune function.

Unfortunately, omega-3s have been removed from the Western diet in recent decades. This is due to a number of factors, including the overfishing of fish, the use of processed foods, and the rise of vegetable oils.



The Queen of Fats: Why Omega-3s Were Removed from the Western Diet and What We Can Do to Replace Them (California Studies in Food and Culture Book 15)

by Susan Allport

★★★★☆ 4.5 out of 5

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The removal of omega-3s from our diet has had a devastating impact on our health. We are now seeing an epidemic of chronic diseases such as heart disease, cancer, and dementia. These diseases are all linked to inflammation, and omega-3s have anti-inflammatory properties.

So, what can we do to replace omega-3s in our diets? There are a number of foods that are rich in omega-3s, including:

- Fish
- Flaxseed
- Walnuts
- Chia seeds

We can also take omega-3 supplements. However, it is important to choose a high-quality supplement that is free of contaminants.

Omega-3s are an essential nutrient that plays a vital role in our health. By replacing omega-3s in our diets, we can help to reduce our risk of chronic diseases and improve our overall health.



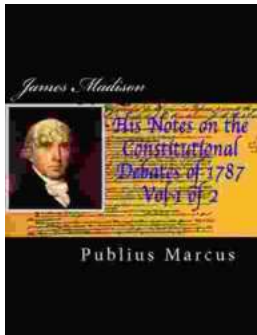
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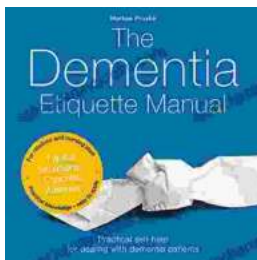
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