



Healthy Living at Hannaford

Omega-3 Fatty Acids

Omega-3s are fatty acids found in foods. Your body needs omega-3s but cannot make them. For that reason, they are called essential fatty acids, meaning you must get them in your diet. Omega-3s are used by the body in many ways, such as to help control blood clotting and during pregnancy for brain and eye development and function. It appears that they also are involved in the body's inflammatory processes.

Foods with Omega-3 Fatty Acids:

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Nuts & Seeds:

- Flaxseed oil
- Ground Flaxseeds
- Walnuts



Some green vegetables:

- Brussels sprouts
- Kale
- Spinach



Fish:

- Tuna
- Salmon
- Mackerel
- Sardines
- Herring



Other Heart-Healthy Fats:

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Monounsaturated Fatty Acids:

- Olive oil
- Canola oil
- Peanut oil
- Avocado
- Nuts and seeds
- Safflower oil



Polyunsaturated Fatty Acids:

- Safflower oil
- Sunflower oil
- Corn oil
- Soybean oil
- Soft (tub) margarine, such as Promise® and I Can't Believe It's Not Butter!®
- Nuts and seeds



Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at hannaford.com/asknutritionist.