

I successfully completed this goal.
This is what I did:

Name _____

Date _____

GetFIT Helpful Connections - Label Read for Fats

3. Increase the amount of omega- 3 fatty acids that you eat. These essential fatty acids decrease blood clots and as a result decrease heart attacks.

Solution: Omega 3's are found in fatty fish (salmon, trout, herring, and canned white tuna) as well as walnuts, ground flax seeds (they need to be ground to be digested), and canola and soybean oil. Eat 4 ounces of fatty fish 2 times a week (except for pregnant/breastfeeding women and children, because of the mercury).

More Tips: Select the leanest meats. The leanest beef includes round steaks and roasts, top loin, top sirloin, and arm roasts. Lean pork includes pork loin, tenderloin, center loin, and ham.

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