Article Side

Omega 3 will be able to reduce diseases by WHITE RICKEY

Article published on April 26th 2012 | Supplements

Omega 3 fats are polyunsaturated fats kind of like omega 6 fats. they're found principally in cold-water fish. omega 6 fats are normally found in eggs, plant-based oils, grain and poultry. By using Omega 3 you may be able to scale back diseases like cancer, cardiovascular disease etc. If you consume a diet made in Omega 3 typically, you may be able to manage your weight while not the utilization of different weight loss supplements.

Both omega 6 and Omega 3 fats are smart for the body when consumed within the right amounts. the right ratio is one : one which implies that you simply can need to take each in equal amounts. In most of the western foods, vegetable oil is employed in excess which implies that it contains concerning six times a lot of of omega 6 fats than Omega 3. in keeping with the Advanced Health and Life Extension web site, you'll achieve weight loss, if you're able to balance the ratio between each these fats. Though there are several sorts of weight loss supplements, you'll not be able to realize effective ones while not correct analysis and review.

The Mediterranean diet is well known for its healthy amounts of Omega 3. Though people may have different versions of the foods, you have to include a lot of vegetables, fresh fruits, breads, cereals, nuts, beans, potatoes and whole grains. The most important oil that is used in Mediterranean style is olive oil. Foods like dairy, fish, eggs, poultry etc ate consumed in low quantities. Red meat is used rarely and wine should also be used only in low to moderate levels.

Apart from weight loss, Omega 3 is necessary for your body for various other benefits too. The fats are known to lower cholesterol and reduce heart disease. They are also efficient in lowering the blood pressure. According to a study conducted in 2005, the researchers have found some connection to high amounts of Omega 3 and low chances of Alzheimer's disease. People who consume high levels of Omega 3 are also known to have lesser chances of colon cancer, breast cancer and prostate cancer. If you are a vegetarian and do not wish to eat fish or fish oil, you can use flax seeds. Omega 3 is found in flaxseed oil and canola oil too. Products such as cereals, dairy products and margarine are fortified with Omega 3. These can be used regularly for enjoying the benefits of Omega 3.

Article Source:
http://www.articleside.com/supplements-articles/omega-3-will-be-able-to-reduce-diseases.htm - Article Side

WHITE RICKEY - About Author:
Curiosity to know more about a Omega 3, a weight loss supplements or a fish oil?

Article Keywords:
Omega 3, weight loss supplements, fish oil

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!