Tip of the week **– Essential fats**

**“Essential fats” are just that…..”Essential” for the body’s function and can assist your health in many ways, such as:**

* **Better brain function & mood with less risk of depression**
* **Stronger bones & less risk of osteoporosis**
* **Reduces risk of certain cancers**
* **Better cholesterol ratio (“good” cholesterol vs. “bad”) and reduced heart disease ris**k
* **Stronger immune system**
* **Better skin and eye health**

**Boosting your levels of essential fats:**

* **Include 1-2 tablespoons of ground flaxseed, chia or hemp seed daily (sprinkle over foods or add to smoothies, do not heat)**
* **Use cold-pressed omega 3 blended oils or flaxseed or hemp oil in salad dressings drizzled over food (do not heat)**
* **Snack on sunflower, pumpkin or sesame seeds**
* **Include cold-water oily fish at least 3 times per week (sardines, mackerel, salmon, trout, herring)**
* **Use coconut oil for high temperature cooking and olive oil for dressings and marinades**