Omega-3 fatty acids are essential healthy fats - essential fatty acids-EFA.
The body does not produce this type of EFA, so eating an Omega-3-rich diet is important.

**Benefits**

**For pregnant women**
- Helps maintain a healthy heart
- Reduces the risk of various diseases

**For the babies**
- Contributes to healthy eye and brain development
Sources of essential fatty acids

The best sources of EFA are fish, nuts, and certain oils and seeds.

**Fish:** To obtain the required amount of omega-3 fat, it is recommended to eat at least two servings of fatty fish per week.

**Caution!** Pregnant women should exercise caution when selecting fish due to the high-levels of *mercury* found in some species.

The following types fish are rich in omega-3 fats and low in mercury

- Salmon
- Trout
- Herring
- Sardines
- Smelts and mackerel
- Light canned tuna

The following types of fish should be eaten in moderation due to their higher level of mercury

- Canned white tuna (albacore)
  No more than 300 g (2 cups) per week
- Fresh/frozen tuna;
- Shark;
- Swordfish;
- Marlin and northern pike
  No more than 150 g (1 cup) per month
Tips for boosting omega-3 fats in your diet

• Eat two servings of fish or seafood each week;
• Make sandwiches or salads with canned salmon or light canned tuna;
• If fish is not your favourite food, try squeezing lemon juice over it or flavouring it with herbs and spices;
• Add ground flaxseeds to your yogurt, juice, cereal, muffins, salads, etc.;
• Boost the nutritional value of your snacks with nuts or seeds;
• Use canola or soybean oil in your recipes and for cooking;
• Replace regular eggs with omega-3 eggs;
• Drink soy beverages.

Oils, nuts, seeds, and other food products…

• Canola oil, flaxseed oil, soybean oil, walnut oil
• Walnuts, pecans
• Flaxseeds and soybean seeds
• Tofu and omega-3 fortified soy beverages
• Omega-3-enriched yogurt,
• Omega-3 eggs
The scoop on omega-3 supplements?

There is insufficient research to conclusively determine the benefits of omega-3 fatty supplements on unborn babies (fish oil and fortified supplements). Therefore, for the health of your baby, you should eat fatty fish, nuts, seeds, and oil.

If you still choose to buy a supplement, check the label to make sure it has a natural product number (NPN) and that it is government-approved for safety.

Women who already supplement their diets with a daily multivitamin should not take cod liver oil supplements due to their high-levels of vitamin A.

Always consult your physician before taking any type of omega-3 supplements.

Caution! DO NOT EAT fish caught in New Brunswick’s lakes or rivers; they contain too much mercury.

For more information, log on to the following Web site: Government of New Brunswick (Natural Resources), at http://www2.gnb.ca/content/gnb/en/departments/natural_resources/fish/content/MercuryInFish.html