Email #6

Complementary Blog Post: 4 Benefits of Omega-3 Fatty Acid

Subject: 10 Fruits & Vegetables That Have Omega Fatty Acids

Hi [firstname],

Usually when people think of omega fatty acids in their diet they think fish. There is good reason for that because fish has the highest concentration of this type of fatty acid.

Most people don’t realize that there are fruits and vegetables that also have this amazing nutrient in them. So if you do not like fish or are allergic to it there are other ways to get enough omega in your diet.

1.Spinach

Spinach has 704mg per cup, but with this food you need to boil it to get the most omega’s. Eating it raw you’ll only get 41mg. That is quite a difference.

2. Winter Squash

Winter Squash comes in at a whopping 664mg and offers a variety of different types to try. So if you don’t like one you can try another one. You can bake or broil the squash.

3. Brussel Sprouts

You can cook Brussel sprouts a few different ways – grill, steam or roast. Each method of cooking produces a different result in how Brussel sprouts taste.

4. Cauliflower

Roasting cauliflower is a wonderful way to cook this. But make sure not to use oil because it will reduce the omega’s.

5. Kale

Cook a little bit of kale and then make a salad out of it. Both delicious and good for you.

6. Broccoli

Broccoli is a superfood and has so many different benefits to it that you should have this as a regular part of your diet. You can steam, boil, roast or grill this vegetable.

7. Leafy Greens

Leafy greens can mean kale, collard greens, turnip greens, swiss chard, red and green leaf lettuce or romaine lettuce and mustard green. Try different ones and see which one you like the best.

8. Berries

Berries are chocked full of antioxidants and are a superfood. They have so much going for them and should be eaten daily. If you want the highest omega’s go with blueberries. They have both omega 3’s and omega 6’s.

9. Mangoes

Mangoes are sweet and delicious, as well as a source for omega fatty acids. When they are in season you can find them inexpensive at the stores.

10. Honeydew Melon

Honeydew is also a fruit that delivers omega’s and should be used on a regular basis.

Check out the benefits of Omega Fatty Acids on the blog:

LINK

There are more ways to find omega fatty acids than in fish, so take a look at the list above and see what you can add to your diet today.

[Sign off]