3 Berry Smoothies to Help Get More Fatty Acids in Your Diet

Contrary to popular belief, not all fat is bad for you. Some are necessary to keep your body running smoothly. One important fat is the Omega-3 fatty acids because they give you amazing health benefits.

Making sure that you get enough Omega-3 fatty acids in your diet can do wonders for your body. Fatty acids control the production of triglyceride levels. This means that this nutrient has a hand in preventing heart disease.

Not only that, but Omega-3 help control the symptoms of arthritis, asthma, and depression. Plus it can also help prevent the development of Alzheimer's disease and other forms of dementia.

One way to get this fat is through fish. Fish is a great source of Omega-3 fatty acid. But if you’re someone who doesn’t like seafood or you’re allergic to it you can get your omega’s through certain berries instead.

Are you tired of the same old way of eating berries? There are so many ways to get berries into your diet – eating them fresh, putting them on yogurt, using them in salad or adding them to recipes. One way to make sure you’re getting enough is with smoothies.

Below are a few smoothie recipes you can indulge in. After all, who says healthy can't be delicious too?

Nothing Beats the Classic - Blueberry Smoothie

The blueberry is a super food and are ranked third in the list of fruits that have the most amount of Omega-3 fatty acid. After blueberries are raspberries and blackberries.

Having a blueberry smoothie especially in the heat of the summer can feel more like a treat than a chore when it comes to being healthy. So when you’re in the mood for a milkshake remember that smoothies are a great alternative.

In order to make the drink the healthiest it can be, choose to use skim milk or almond milk instead of whole and add a tablespoon of flaxseed oil for a richer does of Omega-3.

Decadent but Healthy - Chocolate Raspberry Smoothie

Chocolate dipped berries are a staple during Valentine's Day, but you can get the same great flavor with a shake. Try something a little different and use raspberries and chocolate instead of strawberries.

With 485 mg per serving, raspberries provide a lot of the omega that you need.

This drink would be easy to make. In a blender, combine fresh or frozen raspberries, 1 teaspoon of cocoa, a cup of greek yogurt, and add low fat milk for the right consistency. For a different flavor add a banana.

Here is a tip. If you’ve got bananas that are starting to go bad, peel them and put them in freezer bags. The outside might look brown and yucky, but the inside is still packed full of flavor and you can put them in smoothies. To make it easier on your blender break them in pieces.

This indulgent but healthy drink is a great way to finish any meal. Healthy dessert, anyone?

Strawberry Smoothie With a Twist

Like with the classic blueberry smoothie, there is much more you can do with a strawberry smoothie that is a lot healthier than adding a dollop of vanilla ice cream.

When you’re making a strawberry smoothie add some orange juice to the mix and you’ll get a fun twist to your drink.

To make this drink add ¼ cup of orange juice, a half banana, ½ cup of low fat milk, ½ cup of water, 1 tsp vanilla and then 1 cup of frozen strawberries. If you want to you could also add 1 tsp of sugar to give it a little bit of sweetness. Combine all the ingredients and blend.

Viola you’ve got a drink that has the omega-3 fatty acid and is yummy too!

Getting more Omega-3 fatty acids in your diet is only a matter of figuring out what fruits carry this fat and making a smoothie during the day. You don’t have to eat fish if you don’t like it or are allergic there are other ways.