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# Essential Fatty Acids

Try to get a balance of Omega-3 and Omega-6 fats. Also try to vary the types of fats you use. Always use fats appropriately and store them carefully; natural fats are delicate and rancidity is common. Always buy cold-pressed oils. Try to buy organic. Oils should be stored in glass

## Omega-3s

Very delicate; hard to find good sources that have not been abused and gone rancid. Rare in today's diets – strive to get more!

### Three most researched types:

ALA (Alpha-Linoleic Acid), vegetable  
EPA (Eicosapentaenoic Acid), fish, eggs  
DHA (Docosahexaenoic Acid), fish, eggs

### Food Sources:

**Fish** – oily, cold-water fish like salmon, herring, mackerel, anchovies, sardines  
**Seeds** – flax, chia, perilla, or shiso. And don't forget the seeds you eat in fruits like raspberries & kiwis....  
**Nuts** – walnuts are especially high  
**Purslane**  
**Eggs of grassfed, pasture-raised chickens** (factory chicken eggs do not contain the Omega-3s)  
**Meats of grassfed, pasture-raised animals** (again, meat from factory-raised animals are missing the Omega-3's)  
**Milk of grassfed, pasture-raised animals**  
**Krill and some cool algae**  
**Strawberries & some vegetables like broccoli have a bit**

## Omega-6s

Over-plentiful – throws off Omega-3 ratio. Try to fix balance by cutting back on Omega-6's and focus on quality of the source. Grassfed meat has a nice balance of Omega-3s and -6s. This is one of the areas where an organic, sustainable, whole-foods diet really makes a big difference.

### Three most researched types:

**LA (Linoleic Acid)** – sesame, hemp, pumpkin seed, sunflower seeds  
**GLA (Gamma Linoleic Acid)** – borage seed oil, evening primrose oil, black currant seed oil, hemp seed,  
**AA (Arachidonic Acid)** – animal fat

Borage and Hemp seeds have a nice balance of Omega-3 and -6

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## Omega-9s

Officially not classified as Essential Fatty Acids, but still useful in the diet

### Oleic Acid - Olive oil

### Lauric Acid – Coconut oil

A safe high-heat oil; be careful to buy cold pressed.

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### Saturated

Safe at high heat, but try not to heat any oil over 375 degrees F  
Coconut oil, dairy (butter, ghee), animal fats.

### Poly-Unsaturated

Unstable and can turn easily into trans-fats if rancid or oxidized. Store them in the fridge, dark glass is best. Keep cooking temperature below 300 degrees F.  
Safflower, sunflower, grapeseed, corn, pumpkin seed

### Mono-Unsaturated

Stable under medium heat. Can be used for stir-frying between 325-350 degrees F.  
Sesame, olive, peanut oil

### Super-Poly-Unsaturated

Very delicate – never cook them. Hard to find safe sources as heat in box trucks can turn them rancid.  
Flax seed, borage oil, hemp seed

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