

Oh Mega! Nutritious and Delicious Omega-3 and Omega-6 Balanced Recipes

Dr. Ritamarie Loscalzo

Agenda

- Importance of Fats in Your Diet
- Omega-3 vs Omega-6 – The Right Ratio
- Review Ingredients
- Spreadsheet Introduction
- Recipe Demos
- Q&A



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Omega-3 Rich Foods

See chart on page x for details about quantities and ratios in each food

- Chia seeds
- Flax seeds
- Hemp seeds
- Walnuts
- Purslane
- Dark green leafy vegetables
- Algae

Boosters of Omega-3 Conversion to the Longer Chain EPA and DHA

- Coconut
- Vitamin B3
- Magnesium
- Vitamin B6
- Zinc
- Vitamin C

Things That Thwart Omega-3 Elongation, Leading to Inflammation

- Trans fats, found in hydrogenated oils, fast foods, and many packaged foods.
- Foods containing large amounts of pro-inflammatory arachidonic acid
 - corn-fed beef and pork
 - farmed fish
 - dairy products
 - eggs
 - peanuts
- Excess omega-6 fats
- Alcohol
- Sugar

Some attendees asked about the source of the statement that coconut helps the omega fat alpha linoleic acid in hemp, chia, flax and walnuts convert to the anti-inflammatory fats EPA and DHA. Here are a few references:

- The paragraph below is from the book ***Spiritual Nutrition-6 Foundations*** by Dr. Gabriel Cousens, page 374.

"...Flax seed and hemp seed will provide most of the short chain Omega-3 fatty acids. Coconut oil is a great oil for building ojas, as are hemp seeds and macadamia nuts. Coconut oil increases the conversion of short-chain to long-chain Omega-3 fatty acids by 3 to 6 percent."

- The quote below is from Horrobin, David F, "The regulation of prostaglandin biosynthesis by manipulation of essential fatty acid metabolism", *Reviews in Pure and Applied Pharmacological Sciences*, Vol 4, pp 339-383, Freund Publishing House, 1983.

"When lauric acid is present in the diet, the long chain omega-6 fatty acids accumulate in the tissues where they belong, even when consumption of essential fatty acids is low."

Recipes

For resources for the ingredients used in these recipes, consult the ***Creating a Healing Kitchen*** pdf (available under the “Bonus” tab on the VITAL Community members’ website).

Dr. Ritamarie's Omega-3 Rich Chia Porridge

Ingredients:

- 3/8 cup chia seeds (5 tablespoons) equivalent to (2 oz) or 2 cups *Chia Gel*
- 1 cup finely shredded dried coconut (3 oz)
- 3 1/2 teaspoons hemp seeds (1 oz)
- 2 tablespoons flax seed, measured then ground (1 oz) (optional, omitted in demo)
- 2 1/2 cups water or nut milk
- 1 tablespoon cinnamon
- stevia or other no glycemic sweetener to taste
(**Zero**, **Lakanto**, erythritol, xylitol, Lo Han)
- pinch of salt
- top with extras as desired: chopped nuts, goji berries, apples, blueberries

Directions:

1. Place seeds and coconut in a bowl.
2. Cover with water and let sit for 15 minutes or overnight to thicken.
3. Add the cinnamon, salt, and sweetener of choice.
4. Stir well. If too thick, you can thin with water or nut or seed milk (choose low omega 6 nuts or seeds).
5. Add extra cinnamon or other spices to taste... vanilla, cardamom, or anything you like.

Variations: Top with goji berries, cacao nibs, raisins, pomegranate powder or other things you like, keeping in mind your glycemic load if blood sugar is an issue for you.

Dr. Ritamarie's Super Omega Peppermint Patties

Ingredients:

- 1/2 cup hemp seeds (about 3 oz)
- 1/2 cup raw macadamia nuts
- 1 teaspoon flax seed oil
- 1 cup dried coconut shreds
- 1/8 teaspoon green stevia (low glycemic) or 1 cup dates
- 1 tablespoon each chlorella and blue green algae powder (or your favorite green powder)
- 3 drops peppermint essential oil

Directions:

1. Process in food processor until it holds together.
2. Press into molds and freeze for 30 minutes or longer.

Chocolate Coating (optional):

Ingredients:

- 1/2 cup cacao powder
- 1/8 cup coconut oil
- 1/4 cup **Artisana Coconut Butter**
- 2 drops mint essential oil
- 5 drops stevia

Directions:

Spread over top if peppermint patties and freeze for 10 minutes

Dr. Ritamarie's High Omega Salad Dressing

Ingredients:

- 2 stalks celery
- 1 clove garlic or 1/4 - 1/2 teaspoon dried
- 1/4 cup flax oil
- 1/4 cup coconut oil
- 2 tablespoons lemon juice
- 1/4 teaspoon sea salt
- 1/4 teaspoon kelp

Directions:

1. Blend until smooth and creamy.
2. Do not over process.
3. Store in dark container in refrigerator to preserve the delicate omega-3 fats.
4. Add seasonings to suit the flavor you are choosing to create.

Hemp Coconut Milk Immune Boosting Hot Cocoa

Ingredients:

- 1/2 cup coconut, dried or coconut cream (or fresh) (1.5 oz)
- 1/4 cup hemp seeds (2 oz)
- 1 tablespoon raw cacao or carob powder
- 2 cups water, warm to hot
- 1/2 teaspoon chaga mushroom powder
- 1/2 teaspoon reishi mushroom extract
- 1/4 teaspoon astragalus powder
- stevia or other no glycemic sweetener to taste
(**Zero**, **Lakanto**, erythritol, xylitol, Lo Han)
- 1 pinch of salt

Directions:

1. Place everything in blender and blend until smooth.
2. Add extra water to thin if needed.

Variations: Add other herbs, start with a base of astragalus, ginseng, licorice or holy basil tea for extra immune and adrenal support.

Omega-3 Rich Sandwich Spread

Ingredients:

- 1 cup *Chia Gel*
- 1 cup hemp seeds (4 oz)
- 1 cup walnuts
- 3 celery stalks
- 1/4 large onion
- large handful baby greens - about 2-3 cups
- 1/2 teaspoon kelp powder
- 1/4 teaspoon sea salt
- 3 tablespoons Italian, Mexican or Thai seasoning mix (or more to taste)

Directions:

1. Place everything in food processor.
2. Process until the consistency of tuna salad.
3. Serve on Romaine hearts, celery sticks, or dehydrated chia or flax crackers for extra omega-3 boost.

Chia Gel

Ingredients:

- 1/2 cup chia seeds
- 2 1/2 cups water

Directions:

1. Put chia and water into a quart sized Mason jar or a glass bowl that can be covered.
2. Shake or mix well.
3. Allow to stand at room temperature for 8 hours or overnight or for 12 or more hours in the refrigerator. Store up to a week in the refrigerator.

Personal Note: This is the base for several of the chia dishes.

Omega-3 and Omega-6 Content of Common Foods

<http://www.nal.usda.gov/fnic/foodcomp/search/>

Recommended Daily Intakes

ALA: 2.2 gm per day
EPA/DHA .65 gm/day

Estimated that only 10% of ALA converts to EPA/DHA. Vegans need to add an extra 6.5 gms ALA per day to ensure getting adequate EPA. Coconut improves this conversion. In certain inflammatory illnesses up to 10 grams of EPA may be needed.

**Range of ALA to EPA conversion has been shown in a variety of studies to be between 3 and 36% depending on diet and lifestyle factors.

Seeds	Serving Size	Total n-3 FA (g)	Total n-6 FA (g)	n-6/n-3 Ratio
Flax seeds	1 oz - 2 Tbs	1.80	0.40	0.22
Flax seed oil	1 Tbs - 13 g	7.25	1.73	0.24
Hemp seeds	1 oz.	2.80	8.40	3.00
Chia seeds	1 oz.	5.00	1.60	0.32
Pumpkin seeds, shelled	1 oz.	0.10	5.40	54.00
Poppy seeds	1 oz.	0.10	8.60	86.00
Sesame seeds	1 oz.	0.10	6.76	67.57
Sunflower seeds	1 oz.	0.10	8.50	85.00
Nuts and High fat Foods				
Walnuts	1 oz.	2.6	10.8	4.15
Pecans	1 oz.	0.28	5.8	20.71
Almonds	1 oz.	0.002	3.4	1700.00
Cashews	1 oz.	0.02	2.2	110.00
Macadamia nuts	1 oz.	0.058	0.37	6.38
Coconut	1 oz.	0	0.11	N/A
Coconut oil	1 Tbs	0	0.1	n/a
Pistachios	1 oz.	0.07	3.83	54.71
Hazelnuts	1 oz.	0.025	2.21	88.40
Pine nuts	1 oz.	0.05	9.4	188.00
Cacao	1 cup	0	0.378	N/A
Avocado	1 med (136 g)	0.17	2.28	13.41

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Beans and Grains	Serving Size	Total n-3 FA (g)	Total n-6 FA (g)	n-6/n-3 Ratio
Soybeans, dried, cooked	½ cup	0.50	3.80	7.60
Tofu, regular	4 oz.	0.30	2.10	7.00
Black beans	1 cup	0.18	0.22	1.22
Lentils	1 cup	0.07	0.27	3.86
Pinto beans	1 cup	0.23	0.17	0.73
Peas, raw	1 cup	0.17	0.80	4.71
Corn meal	100 g	0.05	1.71	34.20
Corn raw	1 ear	0.01	0.40	40.00
Quinoa	1 cup raw	0.44	5.06	11.45
Brown rice	1 cup cooked	0.03	0.60	22.33
Wild rice	1 cup raw	0.48	0.60	1.26
Buckwheat	1 cup raw	0.13	1.63	12.29
Greens				
Spinach, raw	10 oz bag	0.39	0.07	0.18
Green leaf lettuce	1 head (360 g)	0.21	0.09	0.43
Red leaf lettuce	1 cup	Trace	Trace	1.50
Boston or Bibb lettuce	1 cup	Trace	Trace	1.50
Chard, cooked	½ cup	0	Trace	0.00
Turnip greens, cooked	½ cup	Trace	Trace	0.50
Dandelion greens, cooked	½ cup	0.1	Trace	0.80
Kale, raw	2 cups	0.24	0.18	0.90
Beet greens, cooked	½ cup	Trace	Trace	4.00
Collard greens, cooked	½ cup	0.1	0.1	0.80
Mustard greens, cooked	½ cup	Trace	Trace	0.50
Purslane				
Spirulina	1 Tbs (7 g)	0.06	0.09	1.50

Fish & Meat	Serving Size	Total n-3 FA (g)	Total n-6 FA (g)	n-6/n-3 Ratio
Salmon	3 oz.	1.47	0.14	0.10
		0.273		
		ALA		
		.251		
		EPA		
		.948		
		DHA		
Beef	3 oz.	0.05	0.22	4.31

About Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



Dr. Ritamarie Loscalzo is passionately committed to transforming our current broken disease-management system into a true healthcare system where each and every practitioner is skilled at finding the root cause of health challenges and using ancient healing wisdom married with modern scientific research to restore balance.

As the founder of the **Institute of Nutritional Endocrinology**, Dr. Ritamarie specializes in using the wisdom of nature to restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances.

Her practitioner training programs empower health and nutrition practitioners to get to the root cause of health issues by using functional assessments and natural therapeutics to balance the endocrine system, the master controller.

Dr. Ritamarie is a licensed Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine, and HeartMath®. She's also a certified living foods chef, instructor, and coach, and she has trained and certified hundreds of others in the art of using palate-pleasing, whole fresh food as medicine.

A best-selling author, speaker, and internationally recognized nutrition and women's health authority with 30 years of clinical experience, Dr. Ritamarie offers online courses, long-distance coaching and counseling, and deeply empowering and informative live events.

Dr. Ritamarie's Health and Nutrition Books and Programs

Sweet Spot Solution Program: Balance your blood sugar and banish belly fat, brain fog, and burnout so you can regain the energy, focus, and self-confidence to live your life with passion and purpose. Complete with instructional modules, 30 days of menu plans, a 220-page recipe collection, exercise regimes, stress transformation techniques, sleep guidelines, timing cycles, videos, audios, and a community support forum, you'll have an effective and balanced lifestyle approach to reclaiming your health. www.TheSweetSpotSolution.com

Empowered Self-Care Lab: Our premier membership program, here you'll get access to all of our key hormone and body balancing programs, the complete collection of Dr. Ritamarie's recipe guides and videos, and a roadmap and handbook to guide you to assess your current health status and restore balance naturally. The future of health care is Empowered Self-care. Take charge of your health! www.EmpoweredSelfCareLab.com

Body FREEDOM Nutrition Lab: Using nutrition to restore balance needs to be at the core of all healing systems. And personalized nutrition is the future of healthcare. With so much confusing information about what you should and should NOT eat, emotional resistance is likely when it becomes challenging. The Body Freedom Nutrition Lab guides you to optimally nourish your body while making mealtime a pleasure, and provides you with peak nourishment that's filling, satisfying and aligned to your unique biochemistry and genetics. Here you'll get access to all of our recipe guides and videos, and a roadmap and handbook to guide you to assess your current nutritional status and restore balance naturally. www.BodyFREEDOMNutritionLab.com

Energy Recharge Coaching Inner Circle: Dr. Ritamarie's personalized coaching plan to transform you from flabby, fogged, and fatigued into fit, focused, and fully charged with energy! This is your opportunity to work closely with Dr. Ritamarie and her certified Nutritional Endocrinology coaches to achieve the health of your dreams. <http://www.EnergyRechargeCoaching.com>

**Find all the Resources You Need for Natural Healing
Based on Leading-Edge Science**

<http://www.DrRitamarie.com>