



## Fats: Give Your Body an Oil Change Action Plan

### 4 Steps to Maximize Your Health by Eating the Right Kind and Balance of Fats

By Dr. Ritamarie Loscalzo

#### #1: Choose an Omega-3 Rich Food Source Every Day:

Commit to **include your allotment of inflammation fighting omega-3 fat foods in your diet every day**. Be sure to choose at least one of the essential fatty acid rich foods daily.

- chia seeds
- flax seeds or flax seed oil
- hemp seeds or hemp seed oil
- walnuts
- sacha inchi oil
- brown varieties of blue green algae
- purslane
- deep ocean fish or fish oils
- borage, evening primrose, black currant seed oil



#### #2: Eat an Appropriate Portion Size:

**Each** of the following portions below would be a recommended daily serving. **Choose one** serving per day (or mix and match in appropriate quantities).

- 1-2 tablespoons of oil per day
- 5-6 tablespoons of seeds per day
- 1-2 tablespoons of blue green algae per day
- 1/2 cup of purslane (edible, wild green)

### #3: Track Your Omega-3 versus Omega-6 Balance:

Use the “*Omega-3 and Omega-6 Content of Common Foods*” chart (provided in ERC) to **track your omega-6 to omega-3 ratio on a regular basis**. There are several recipes included that are very omega-3 rich for your convenience.

### #4: Start Your Day With a Chia Energy Drink or Chia Porridge.

Enjoy chia seeds along with your green smoothie or green juice, or add chia seeds to your greens. Choose from chia-rich recipes provided in your program or make up your own.

