

FOOD SOURCES

General

Professional

Coulston AM. The role of dietary fats in plant-based diets. *The American Journal of Clinical Nutrition* 1999;70(3S):512S-515S. Available: www.ajcn.org

Drevon CA et al. Omega-3 fatty acids – Nutritional aspects. *Canadian Journal of Cardiology* 1995;11(SupplG):47G-54G.

“Essential fats in foods.” [Videocast]. [On-line]. Available:

<http://videocast.nih.gov/ram/crri02c103202000.ram>

“This describes the amounts of omega-6 and omega-3 essential fatty acids present in many different foods currently consumed during typical food choices by the USA population. The talk presents food sources to help diets that meet target levels of omega-3 fatty acid intakes.”

Holman RT et al. High omega-3 essential fatty acid status in Nigerians and low status in Minnesotans. *World Wide Web Journal of Biology* 1996;2. [On-line]. Available:

Kris-Etherton PM et al. Polyunsaturated fatty acids in the food chain in the United States. *The American Journal of Clinical Nutrition* 2000;71(1S):179S-188S. Available:

www.ajcn.org

Kris-Etherton P. “Essential fatty acids in functional foods in the USA.” [Videocast]. [On-line]. Available: <http://videocast.nih.gov/ram/fatty032001a2.ram>

*requires viewing program

Sanders TAB. Polyunsaturated fatty acids in the food chain in Europe. *The American Journal of Clinical Nutrition* 2000;71(1S):176S-178S. Available: www.ajcn.org

Sugano M & Hirahara F. Polyunsaturated fatty acids in the food chain in Japan. *The American Journal of Clinical Nutrition* 2000;71(1S):189S-196S. Available:

www.ajcn.org

Whelan J. “Novel function foods to balance essential fatty acids in the body.”

[Videocast]. [On-line]. Available: <http://videocast.nih.gov/ram/fatty032001a3.ram>

*requires viewing program

Canola Oil

Professional

Oh, that canola oil. *Food Insight. Current Topics in Food Safety and Nutrition* 2001;March/April:6.

Consumer

The Canola Council of Canada. [On-line]. Available: www.canolacouncil.org

Flaxseed/Flaxseed Oil

Professional

Bowen PE. Evaluating the health claims of flaxseed and cancer prevention. *Nutrition Today* 2001;36(3):144-158.

Craig WJ. Health-promoting properties of common herbs. *The American Journal of Clinical Nutrition* 1999;70(Suppl):491S-499S.

Craig WJ. Phytochemicals: Guardians of our health. *Journal of the American Dietetic Association* 1997;97(Suppl 2):S199-S204.

Morris DH. Essential nutrients and other functional compounds in flaxseed. *Nutrition Today* 2001;36(3):159-162.

Dakota Flax. [On-line]. Available: www.dakotaflax.com

Pages include flax description, omega-3s, health benefits, recipes, etc.

Flax Council of Canada. [On-line]. Available: www.flaxcouncil.ca

Website and brochure cover metabolism of omega-3s and omega-6s, importance of omega-3s for adults and infants, benefits of flaxseed for the immune system, food sources, CVD and omega-3s.

Brochure available at:
Flax Council of Canada
465-167 L Lombard Ave.
Winnipeg, Manitoba, Canada
R3B 016
Phone: (204) 982-1841
Flax Hotline: 1-800-817-9894
Email: flax@flaxcouncil.ca

Flaxseed oil. [On-line]. Available:

www.wholehealthmd.com/

Brief description of flaxseed oil, health benefits, forms, dosage info, guidelines for use, general interaction, possible side effects, cautions.

Golden Flax. [On-line]. Available: www.goldenflax.com

Fish/FishOil

Professional

Ackman RG & Gunnlaugsdottir H. Seafoods and fishery byproducts: natural and unnatural environments for longer chain omega-3 fatty acids. *A C S Symp Ser Am Chem Soc* 1992;500:208-230.

Liebman B. Seafood: Fishing for omega-3s. *Nutr Action Health Lett* 1992;19(9):10-11.

Uauy DR & Valenzuela A. Marine oils as a source of omega-3 fatty acids in the diet: How to optimize the health benefits. *World Review of Nutrition and Dietetics* 1991;66:199-243.

Consumer

Robbins J. Research suggests positive effects from eating fish. *Health New York Times* 2001, Apr 24. [On-line]. Available: www.nytimes.com/2001/04/24/health/24FISH.html
Research suggests positive effects from eating fish.

Fish oil. American Heart Association. [On-line]. Available: www.americanheart.org

Fish oils and rheumatoid arthritis. International Health News Database. [On-line]. Available: <http://www.oilofpisces.com/rheumatoidarthritis.html>

Starkist Tuna. [On-line] Available: <http://www.starkist.com/>

StarKist Albacore Tuna is one of nature's sources of omega 3. Every drained 2-oz. serving of StarKist contains 450 milligrams of Omega 3. With StarKist Albacore Tuna, increasing the amount of omega 3 in your diet is as easy as eating a little more tuna each week.

Books

Hamilton RJ & Rice RD (Eds). *Fish Oil: Technology, Nutrition, and Marketing* 1995.
Omega-3: The Eskimo's clue to good health. A General Mills publication.

Available to order:

General Mills, Inc.
Dept 898
PO Box 5402
Minneapolis, Minnesota 55440

Nuts

Professional

Abbey M et al. Partial replacement of saturated fatty acids with almonds or walnuts lowers total plasma cholesterol and low-density-lipoprotein cholesterol. *The American Journal of Clinical Nutrition* 1994;59: 995-999. Abstract Available: www.ajcn.org

Hu FB et al. Frequent nut consumption and risk for coronary heart disease in women: prospective cohort study. *British Medical Journal* 1999;317:1341-1345.

Kris-Etherton PM et al. Nuts and their bioactive constituents: effects on serum lipids and other factors that affect disease risk. *The American Journal of Clinical Nutrition* 1999;70(3S):504S-511S. Available: www.ajcn.org

Sabate J. Effects of walnuts on serum lipid levels and blood pressure in normal men. *The New England Journal of Medicine* 1993;328(9):603-607.

Sabate J. Nut consumption, vegetarian diets, ischemic heart disease risk and all-cause mortality: evidence from epidemiologic studies. *The American Journal of Clinical Nutrition* 1999;70(3S):500S-503S. Available: www.ajcn.org

Consumer

California Walnuts. [On-line]. Available: www.walnuts.org

“Walnutritious” facts and findings – includes omega-3s, protein, and satiety. Also, check out the California Walnut Commission’s winning walnut recipes.

Vegetables

Consumer

Love those vegetables. Canned Vegetable Council. [On-line]. Available: www.cannedveggies.org/learnmore/learnmore.htm

This is an educational resource providing general information about vegetables, facts about canned vegetables, storage and preparation tips, veggie bios, nutrient contents, resources and links, etc. Very consumer-oriented.

www.medicalmeals.com

Check –out this site to find out more about the history and nutrient content of omega-3 rich vegetables.