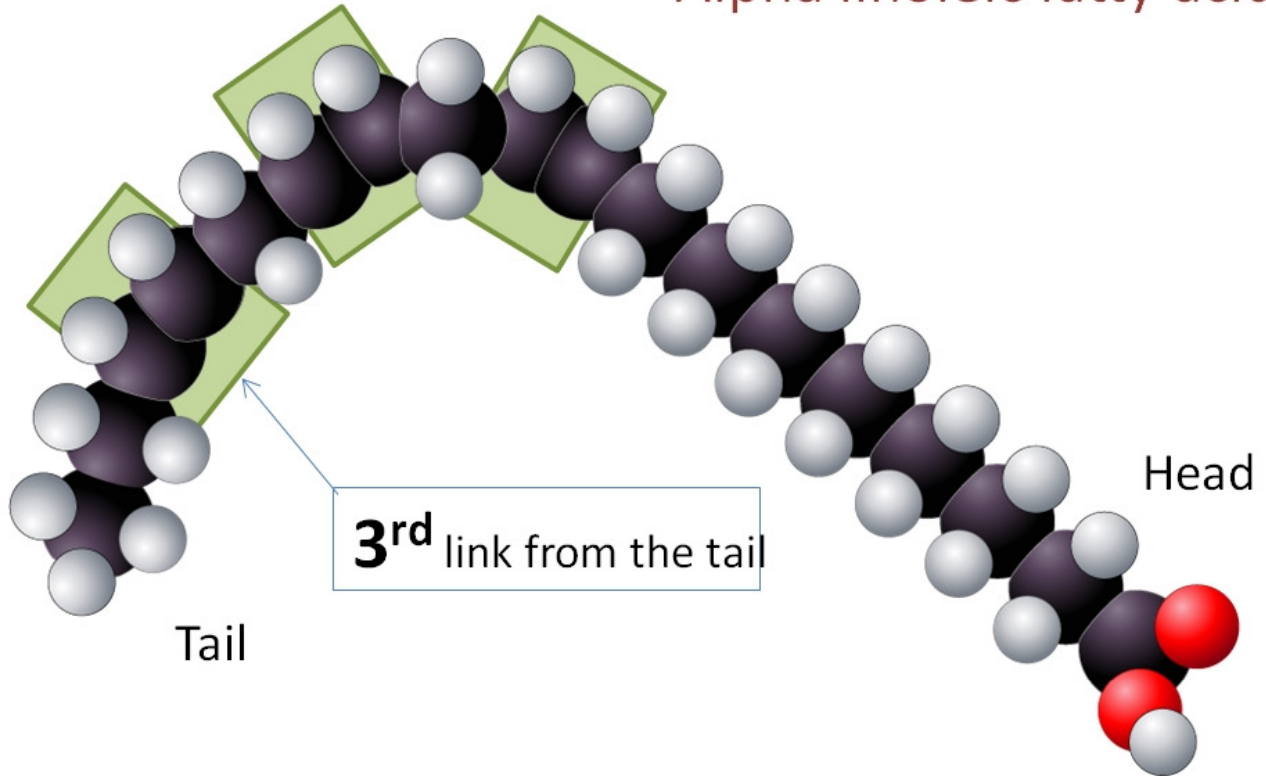


## The fat chemistry story – Omega fatty acids

Poly unsaturated acids are grouped into omega acids by counting the first un-saturated link (bond) from the tail

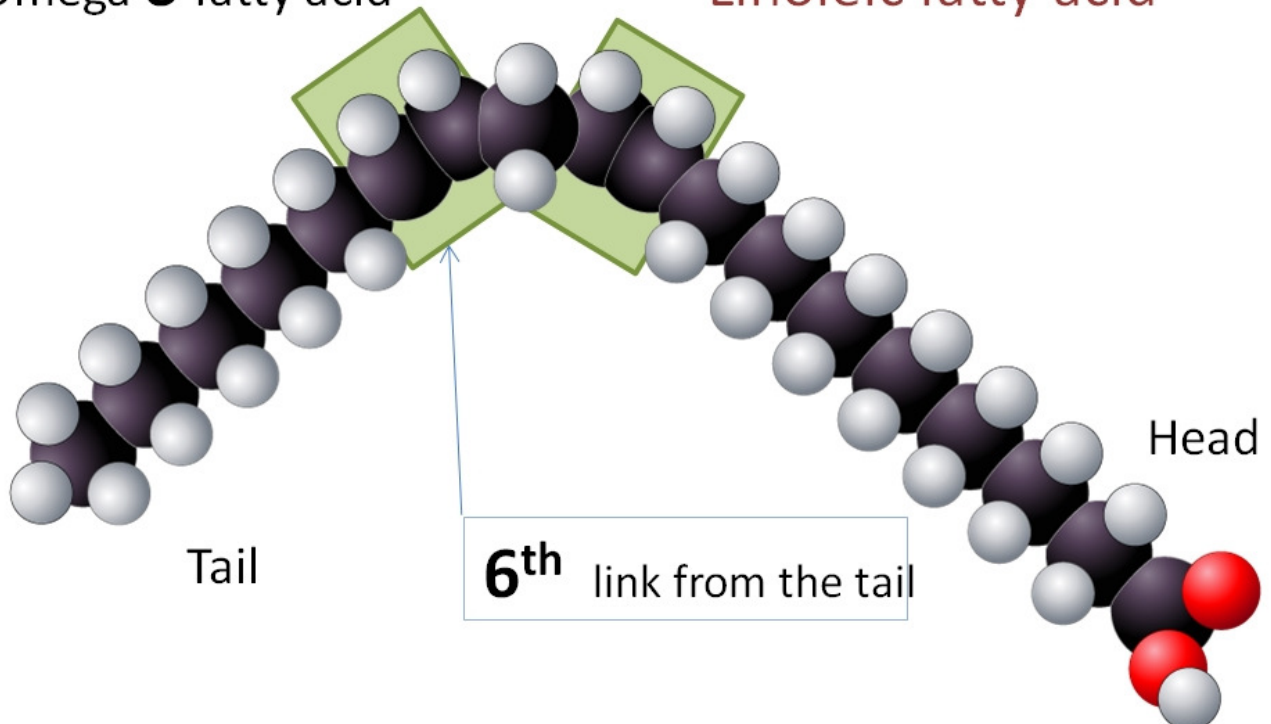
Omega **3** fatty acid

Alpha linoleic fatty acid



Omega **6** fatty acid

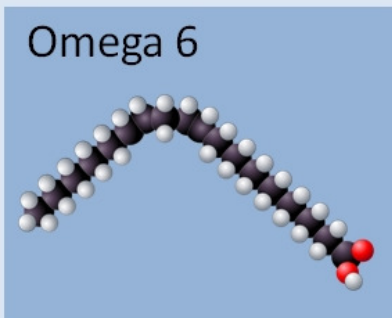
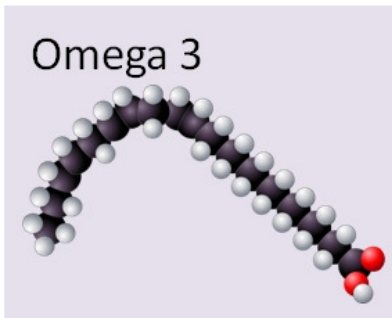
Linoleic fatty acid



## The fat chemistry story – Omega fatty acids

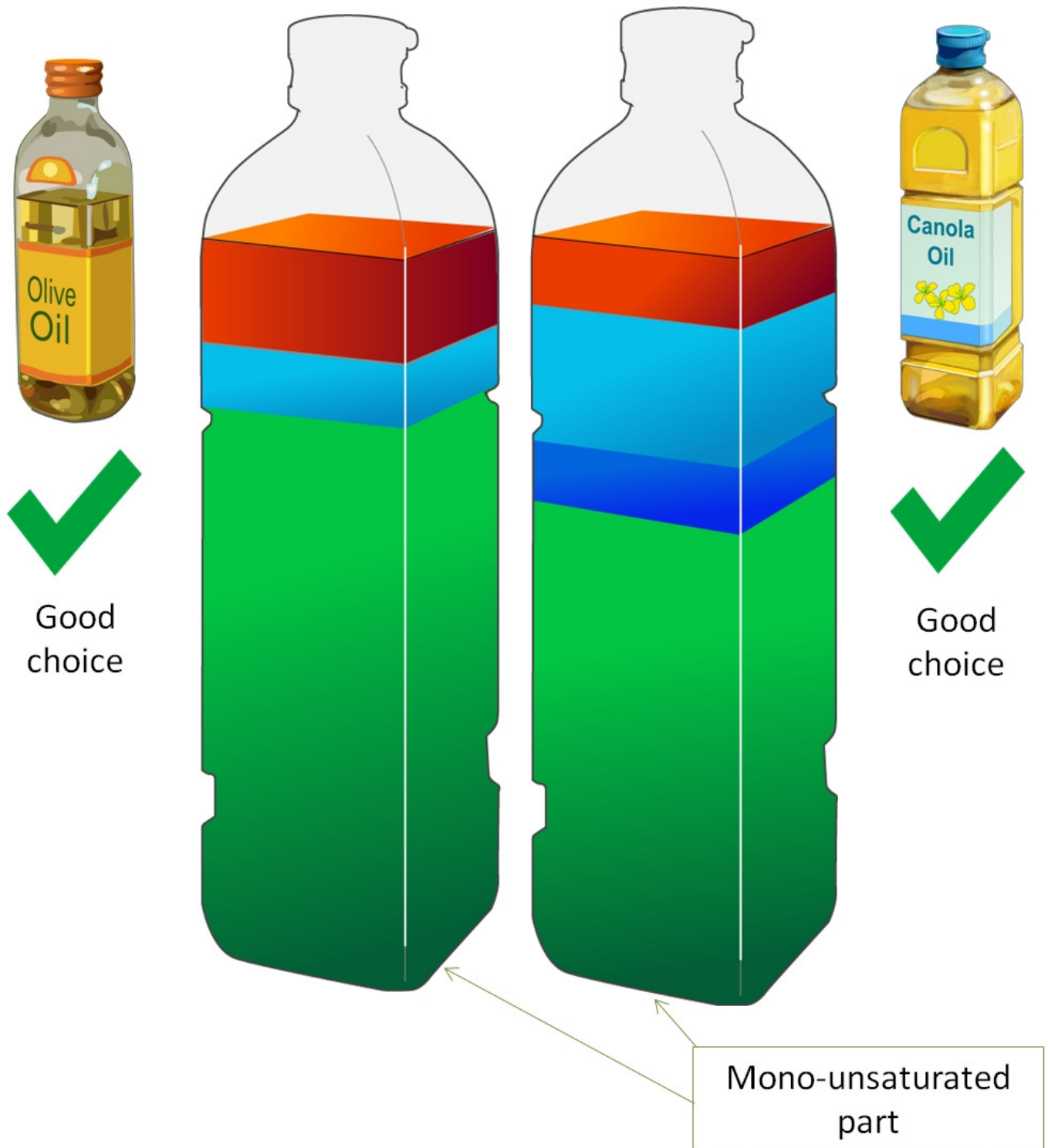
Omega fatty acids are called essential fatty acids.

Your body can't make them so you have to get them from your food.



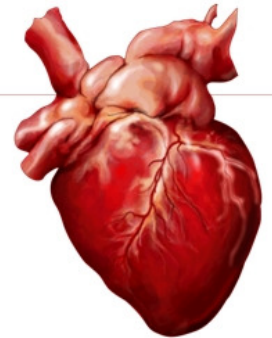
# change to Oils & spreads with lots of mono-unsaturated fatty acids

**More than  $\frac{1}{2}$**  of your unsaturated fatty acids should be mono-unsaturated.

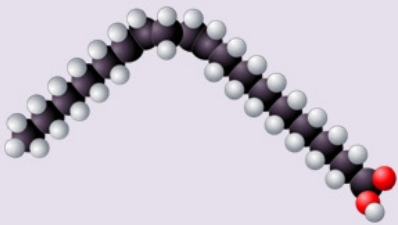


# change to **Fish which can protect your heart**

If you have diabetes you should eat at least **2 serves of fish** a week to get the omega 3 fatty acid you need to protect your heart



Omega 3



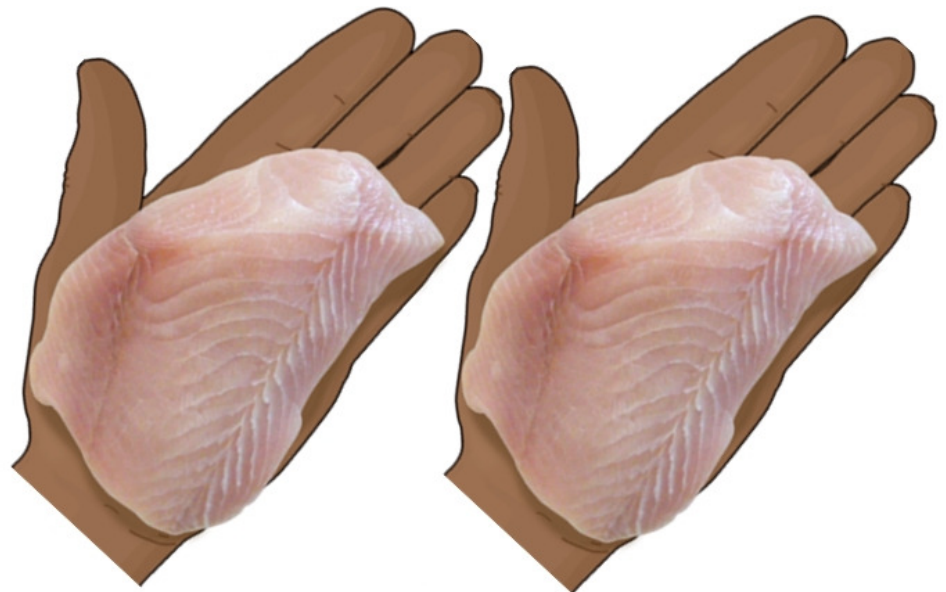
Tinned fish is usually inexpensive



This is just **2** small 95g tins of tuna



or **2** serves of fresh fish



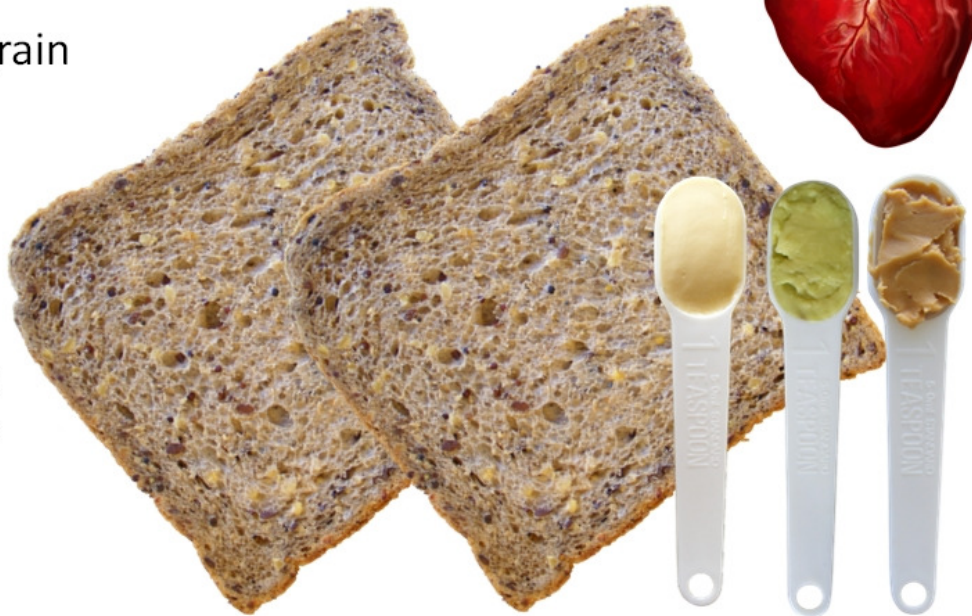
# change to Plants foods which can protect your heart



Eat 2 slices of wholegrain bread

Spread bread with 1 teaspoon of either:

- Canola margarine
- Fresh avocado, or
- Salt free peanut butter



Unsalted nuts



All these plant foods have omega 3 mono-unsaturated fatty acids

Green vegetables



There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

**Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions.

**Subject:**

The chemistry of different fatty acids.

**Target group:**

This resource is designed to be used by Australians of all ages.

This version of the resource can only be obtained from the Chronic Disease website and is licensed and distributed using the Australia – Personal Licence -A0-6/2015

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