

Dietary Sources of Omega-3



High Omega 3 Seafood

for 100 gram serving (about 3.5 oz.)

	Grams of Omega 3			
	0	1	2	3
Rainbow Trout	1.154			
Halibut	1.292			
Oyster	1.416			
Sardine	1.458			
Cisco	1.519			
Tuna	1.664			
Whitefish	1.821			
Sablefish	2.003			
Anchovy	2.096			
Herring	2.224			
Salmon	2.6			



Fish is a good dietary source for Omega-3, but some other great sources include flax seed and walnuts, 7g and 2.3g per ¼ cup serving, respectively.

The Role of the Dental Hygienist

- the dental hygienist should educate and encourage patients to comply with a recall date of 3 months when periodontal disease is present.
- the hygienist can easily recommend omega-3 as an adjunct therapy to treatment because of its low cost, easy availability and it is well tolerated.
- patients already taking a low dose aspirin should also be made aware of the benefits of omega-3.



REFERENCES

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Weinberg, M.A., Westphal, C., Froum, S.J., & Palat, M. (2010). *Comprehensive Periodontics for the Dental Hygienist*, 3rd ed
<http://www.heart.org>

Photos:

<http://www.drjohnlapuma.com/tag/omega-3/>

<http://www.foodgraphs.net/food/brain.html>

<http://thescienceofeating.com/fats/omega-3-fatty-acids/>

https://www.periogreenville.com/periodontal_solutions

Swim Away From Inflammation

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Lisa DeLuise
Cathleen Reed
Arodia Arias

New York City
College of Technology