



HEALTH AND WELLBEING CHECKLIST

Date

44

Prioritising Omega-3 Rich Foods

Omega-3 fatty acids support brain, heart, and joint health. Use this checklist to add more omega-3-rich foods to your diet.

Add Fatty Fish Twice a Week

- Include options like salmon, mackerel, or sardines in your meals.
- Bake, grill, or pan-sear for a healthy preparation method.



Incorporate Flaxseeds

- Sprinkle ground flaxseeds on oatmeal, smoothies, or salads.
- Store them in the refrigerator to maintain freshness.



Snack on Walnuts

- Eat a handful of walnuts as a nutritious and convenient snack.
- Add them to baked goods or sprinkle on yoghurt for variety.



Use Chia Seeds

- Add chia seeds to yoghurt, overnight oats, or smoothies for an omega-3 boost.
- Mix them into water or juice to create a hydrating chia drink.



Choose Omega-3-Enriched Eggs

- Look for eggs labelled as omega-3 enriched at your supermarket.
- Use them in your favourite breakfast or baking recipes.



Try Seaweed or Algae

- Include seaweed snacks or sheets in your diet for a plant-based omega-3 source.
- Consider algae-based supplements if you're vegetarian or vegan.



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Cook with Canola or Walnut Oil

- Use these oils for sautéing, roasting, or as salad dressings.
- Opt for cold-pressed versions for maximum health benefits.



Include Edamame or Soy Products

- Add edamame to salads or as a side dish.
- Incorporate soy-based foods like tofu, tempeh, or soy milk.



Consider Supplements

- Take fish oil or algae-based omega-3 supplements if dietary sources are insufficient.
- Consult with a healthcare professional to choose the right supplement for you.



Track Your Intake

- Monitor weekly servings of omega-3-rich foods to ensure consistency.
- Aim to balance animal and plant-based sources for variety.



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