



# 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**

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



### **Incorporate Flaxseeds**

- O Sprinkle ground flaxseeds on oatmeal, smoothies, or salads.
- O 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**

- O 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

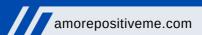
- O Look for eggs labelled as omega-3 enriched at your supermarket.
- Use them in your favourite breakfast or baking recipes.



## **Try Seaweed or Algae**

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







# A BETTER ME

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### **Prioritising Omega-3 Rich Foods**

### **Cook with Canola or Walnut Oil**

- O Use these oils for saut驮g, roasting, or as salad dressings.
- Opt for cold-pressed versions for maximum health benefits.



### **Include Edamame or Soy Products**

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



### **Consider Supplements**

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



### **Track Your Intake**

- O 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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