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1 min to read

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DHA

Omega-3 fatty acids are essential for brain health. The brain is composed of approximately 60% fat, and a significant portion of this fat is made up of omega-3 fatty acids. These fatty acids are crucial for the structure and function of brain cells. Research shows that low levels of omega-3 fatty acids are associated with an increased risk of cognitive decline and dementia. Omega-3 fatty acids also play a role in reducing inflammation, which is a key factor in the development of neurodegenerative diseases.

The American Heart Association (AHA) recommends consuming at least 1 gram of omega-3 fatty acids per day. This can be achieved through a combination of dietary sources and supplements. The AHA also notes that omega-3 fatty acids can help reduce the risk of heart disease, which is a major risk factor for cognitive decline. Omega-3 fatty acids are found in fatty fish, such as salmon, mackerel, and sardines. They are also found in flaxseeds, walnuts, and certain oils. Omega-3 supplements are available in various forms, including capsules, tablets, and softgels.

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DHA		
Source	(RDA)	Notes
DHA	15g	Essential for brain health
Fish	600g	Good source of omega-3
Flaxseed	1,000g	Plant-based source
Walnut	220g	Good source of omega-3
Algae	27g	Plant-based source ⁶
Supplement	200g	Essential for brain health ⁷

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