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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 cell membranes in the brain, particularly in the cerebral cortex and hippocampus. They also play a role in the production of signaling molecules that regulate brain activity and mood.

Research has shown that low levels of omega-3 fatty acids are associated with an increased risk of cognitive decline and dementia. Omega-3 fatty acids, particularly EPA and DHA, have been shown to improve cognitive function and reduce the risk of depression. They also have anti-inflammatory properties, which may help protect against neurodegenerative diseases like Alzheimer's. The brain needs a steady supply of these fatty acids to maintain its health and function.

Omega-3 fatty acids are found in various sources, including fatty fish like salmon, mackerel, and sardines. They are also found in flaxseeds, walnuts, and certain oils. For those who do not consume fish or other sources of omega-3s, supplements can be a good option to ensure adequate intake.

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

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