

A tasty way to get your omega-3s

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(HealthDay)—It's well known that omega-3 fatty acids, or omega-3s for short, are important anti-inflammatory nutrients that, along with many other functions, reduce heart disease risk. What's unclear is whether you

can get these benefits from a capsule. Studies involving supplements have recently been called into question.

That's why it makes sense to focus on foods rich in these [fatty acids](#).

Note: A prescription formula has been found effective to reduce triglycerides (a type of blood fat), with an [omega-3](#) concentration much higher than suggested for the [general population](#), but it must only be taken under a doctor's direction.

The easiest forms of omega-3s to absorb are DHA and EPA, and fatty fish (like salmon and [tuna](#)) and grass-fed beef are among the best sources.

Walnuts, ground flax and chia are good sources of plant-based omega-3s, called ALAs, and are versatile cooking ingredients. Their absorption rate is lower than those of DHA and EPA, however.

Here's a tasty way to get your omega-3s.

Walnut-Crusted Tuna

- 2 tablespoons ground walnuts
- 2 tablespoons ground flaxseed
- 2 tablespoons chia seeds
- 1 tablespoon freshly ground [black pepper](#)
- 1 egg, preferably omega-3 fortified
- 2 6-ounce tuna filets

Preheat oven to 400 degrees.

Mix walnuts, flax, chia seeds and black pepper in a pie plate. Whisk the egg in a separate dish. Dip tuna filets into the egg and then press into the

walnut mixture.

Transfer to a 7- by 11-inch baking dish and bake 10 to 12 minutes, or until the fish is cooked through.

Yield: 2 servings

More information: The U.S. National Institutes of Health has a comprehensive guide to [omega-3 fatty acids](#) and the best food sources.

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