

# INCREASE OMEGA-3 THROUGH FOOD

To reduce chronic disease risk, it's recommended to consume the following amounts of omega-3 healthy fats

- ✓ Females consume 430mg/day
- ✓ Males consume 610mg/day

**To increase your omega-3 intake:**

- 🐟 Choose fish with the *skin-on*
- 🐟 Include specialty fish - like sardines & mackerel
- 🐟 Compare food labels for Eicosapentaenoic Acid (EPA) & Docosahexaenoic Acid (DHA) levels

Our innovative John West portfolio has been developed with our expert Nutrition team to deliver healthy, tasty and nutritious food choices at an affordable price point.

See below how John West can support your omega-3 intake.



