

## **Omega 3 benefits still not known by most parents (fish radio)**

SEAFOOD.COM NEWS [Fish Radio with Laine Welch]

Omega benefits not known to most parents  
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This is Fish Radio. I'm Laine Welch & Most American parents are clueless about the benefits of omega-3's & I'll tell you more after this --

Fish Radio is brought to you by the At-Sea Processors Association. APA fishing companies hold job fairs and support training programs to promote good paying job opportunities for Alaskans in the Alaska pollock industry. Learn more about fishing and processing jobs at [www.atsea.org](http://www.atsea.org)

Want to be a 'know it all' when it comes to seafood? Enroll in Alaska Seafood U! It's a lively, interactive program from the Alaska Seafood Marketing Institute. You'll get a 'certificate of seafood knowledge' upon completing the course. Check out the snazzy quick reference guide at [www.alaskaseafood.org](http://www.alaskaseafood.org)

Omega 3's have become one of the most popular food additives due to a whole host of health benefits. Omega-3 fatty acids have been added to more than 250 food products, from eggs to orange juice, and the list is growing fast. National surveys show that more baby boomers are very aware of the benefits of omega 3's and are adding more to their diets. But most young parents don't know how essential omega's are to developing babies. According to a Harris Interactive poll of more than 12-hundred U.S. parents, 60 percent were not aware of the benefits of so called DHA omega's to their children's health. DHA is one of two key omega 3 fatty acids essential for brain and eye development. It is especially important between birth and five years of age, when the brain increases nearly three-and-a-half times in weight and the DHA fat content increases fourfold. But only one in five parents surveyed was aware of the role omega's play during pregnancy and to newborns. And while nearly all parents said they try and make sure their children get key vitamins and minerals, such as vitamin C and calcium, just seven percent said they make sure that their child consumes DHA. Omega-3's cannot be produced by our bodies and must be obtained from foods.

' Just in the last few decades as we've industrialized our food supply that we've basically eradicated this nutrient from our diet. When you don't get it, all kinds of bad things start happening.'

Randy Hartnell is a former Bristol Bay fisherman, now owner of the popular seafood web business Vital Choice & ([www.vitalchoice.com](http://www.vitalchoice.com))

How much DHA do kids need? Leading authorities recommend 150 milligrams daily for kids aged one through five. Currently, their actual average intake is about 25 milligrams. Pregnant and nursing moms should have daily diets of 300-500mgs. Note that all omega's are not created equal & the all important DHA compound is found only in seafoods, especially wild salmon, or in fish supplements.

Fish Radio is also brought to you by Ocean Beauty Seafoods & serving Alaska's fishing communities since 1910. On the web at [www.oceanbeauty.com](http://www.oceanbeauty.com) .. In Kodiak, I'm Laine Welch.

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