



# Healthy Ways to Meet Your Nutritional Needs

There are a number of ways to achieve a healthier ratio of omega-6's to omega-3's in your diet. Some ideas to consider include:

- Aim to eat oily fish (wild salmon, sardines, rainbow trout) twice a week
- Instead of using vegetable oil or spray butter for cooking, use olive oil or organic canola oil for lower temperatures.
- Snack on nuts or seeds instead of a packaged snack food
- Get rid of those tubs of margarine spreads and spray butter. Limit your butter. Use avocado or nut butters or organic pastured butter on toast instead of margarine or cream cheese.
- Limit or eliminate consumption of snack foods, such as chips, crackers, pre-made cookies and brownies, fried foods, and even commercial salad dressings. Many contain unhealthy oils, such as soybean and corn-scan the ingredient list!
- For salad dressings, make your own or buy a brand that uses olive or avocado oil instead of a blend of vegetable oils.
- Buy better eggs. You can buy organic pastured eggs in most grocery stores.

When choosing healthy oils, also consider whether you will be heating them. For example, when olive oil is heated above its smoking point, the molecules can oxidize and become harmful to health! Cold-pressed olive oil is wonderful at lower temperatures but not for high heat. Butter does better at a higher heat, as does avocado oil.