

USEFUL FACTS

Omega-3 and Omega-6

What are they?

- Omega-3 and omega-6 fats are polyunsaturated fatty acids that are found in several plants and oils such as canola, walnuts, linseeds/flaxseed, sunflower and safflower oils.
- Omega-3 fats are found in even greater quantities in fish and seafood.
- Regular fish consumption (1-2 servings/week) (1 serving = 170g) is associated with many health benefits including: a reduced risk of heart disease, reduced blood pressure, and improved symptoms of rheumatoid arthritis.
- Omega-3 fats are important during pregnancy and lactation. They are required for early development of nerve and brain cells in infants.
- Fresh seafood is the preferred source of omega-3 fatty acids. Even though fish oil supplements also have a range of health benefits, seafood provides more nutrients than just omega-3

Herbed Fish Parcels with Sweet Potato Wedges & Coleslaw

Source: *The Low GI Diet*, page 298

Serves 4

Ingredients

500g sweet potato, peeled and cut into wedges
Spray canola oil
1 teaspoon Cajun spice mix
4 x 150g white fish fillets
2 teaspoons dill, chopped
2 teaspoons lemon rind, finely grated
Freshly ground black pepper, to taste

Method

Preheat the oven to 200°C and line a large baking tray with non-stick baking paper. Spray the sweet potato wedges lightly with oil, and sprinkle with the Cajun spice mix. Toss to coat. Arrange in a single layer on the lined tray, and bake for 40 minutes. Meanwhile, tear 4 squares of non-stick baking paper. Place a fish fillet on each sheet and sprinkle with the dill and lemon rind. Season with pepper. Fold and wrap the baking paper securely to enclose the fish, then place on a baking tray. Add to the oven and cook for 15 minutes.

Coleslaw

Ingredients

250g cabbage, finely shredded
1 carrot, grated
½ red onion, finely chopped
¼ cup flat-leaf parsley, chopped
1 tablespoon whole egg mayonnaise
2 tablespoons lemon juice

Method

For the coleslaw, combine the cabbage, carrot, onion and parsley in a large bowl. Add the mayonnaise and lemon juice; toss to combine. Serve the coleslaw with the fish and wedges.

Analysis

Energy (kJ, Cal)	1186/279
Carb (g)	22
Prot (g)	34
Fat (g)	8

How to increase your Omega-3 intake

- Eat oily fish (salmon, tuna, sardines) 1-2 times per week. This can be fresh, frozen or canned
- Use canola based oils
- Use canola based margarines
- Minimise saturated fats from butter, fat on meat, fried foods, cheese, and snacks foods

Bright Tip!

Remember, oil has the same amount of calories as butter and margarine!