

Only 10% of Irish people eat enough fish

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Approximately 10% of the Irish population eat sufficient oily fish to receive their necessary intake of Omega 3, a recent survey suggests. According to a report in the Irish Times in April 2012, an IPSOS/MRBI survey found 89% of Irish people do not eat enough salmon, fresh tuna, sardines or trout to ensure that they receive the required dose of Omega 3.

Which is more important: Omega 3, 6 or 9?

Omega-6 and 9's can be found abundantly in many of our common vegetable cooking oils, but not olive oil. Omega 6 and 9 are common ingredients in many of the foods we eat. Irish diets tend to be lacking in Omega 3 so it is more important to supplement with Omega 3 than Omega 6 and 9. This is especially important for those who do not eat much fish.

Omega 3

Fish oil is recommended for a healthy diet because it contains the omega-3 fatty acids, eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA), precursors to eicosanoids that reduce inflammation throughout the body.

Cod liver oil is a form of fish oil derived from liver of cod fish. It has high levels of the omega-3 fatty acids, EPA and DHA, and very high levels of vitamin A, vitamin D and vitamin E. Omega 3 fatty acids are primarily found in oily fish such as salmon, fresh tuna, mackerel, herring, sardines and pilchards. We should eat two portions of fish per week, one of them oily. Flaxseed oil which is also known as linseed oil is six times richer than most fish oils in and its oil are perhaps the most widely available botanical source of omega 3. You can buy flaxseed in supermarkets and you can add to the likes of porridge and yogurt to boost your omega 3 levels.

Which fish oil to choose?

For people who do not eat sufficient fish oils, I recommend a fish oil supplement called MorEPA[®] as it contains the highest level of pure omega 3 fatty acids (EPA and DHA) of any fish oil supplement on the market. PlusEPA[®] is a potent omega 3 supplement specifically designed to ease symptoms of mood disorders such as depression and anxiety. For those suffering from joint pain and inflammatory conditions like arthritis, I find that a fish oil supplement called Lyprinol[®] gives relief in many people as it has a more potent anti-inflammatory effects than other fish oils. Fish oils should never be considered an alternative to proper medical intervention.

Disclaimer: The advice in this article is very general. For more specific advice and information on diet and food, you should speak to a dietician or nutritionist