OMEGA PLUSTM EGGS LIQUID EGG PRODUCT, NATUREGG™ OMEGA PLUSTM
ON YOUR PURCHASE OF

• 0.500 mg of lutein per 53 g egg
• 125 mg of DHA omega-3 per 53 g egg
• Source of omega-3 fatty acids
• 75 mg of DHA omega-3 per 53 g egg

Naturegg™ Omega Plus™
• Source of omega-3 fatty acids
• 125 mg of DHA omega-3 per 53 g egg
• 230 mg of EPA per 53 g egg
• Excellent source of Vitamin D

Naturegg™ Omega 3
• Source of omega-3 fatty acids
• 75 mg of DHA omega-3 per 53 g egg
• Excellent source of Vitamin D

THE EGG
With only 70 calories per large egg, eggs are a great way to enjoy protein.

OMEGA-3 FATS
Alpha-linolenic acid (ALA)
Eicosapentaenoic acid (EPA)
Docosahexaenoic acid (DHA)

ARE WE GETTING ENOUGH OMEGA-3?
Most Canadians have adequate intakes of the short-chain omega-3 fatty acid, ALA, which is found in vegetable oils such as canola oil as well as plant-based foods such as flax seeds and walnuts. However, experts believe many Canadians may not get enough EPA and DHA. These are the longer-chain omega-3 fatty acids that are found primarily in fatty fish.

Although our bodies can convert some ALA to EPA and DHA, research suggests that the conversion to long-chain omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), is essential for optimal health.

WHY OMEGA-3 FATS MATTER
Did you know omega-3 fats are vital for your health? They play important roles in cell membranes and may help to reduce inflammation throughout your body. In the early years, the omega-3 fat, DHA supports the normal development of children’s brain, eyes and nerves. Omega-3 fats may also help to promote healthy blood vessels and protect heart health.1-3 That is why foods rich in omega-3 fats are recommended as part of a healthy diet.4-5

THE IMPORTANCE OF OMEGA-3 IN YOUR DIET

Wise Food & Lifestyle Choices For Better Overall Health

What Are Omega-3 Fats?
Omega-3 fatty acids are polyunsaturated fats that our bodies depend on for good health throughout life. There are three main types of omega-3 fats: ALA (alpha-linolenic acid) and the long-chain omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

Eggs are a naturally nutritious choice as part of a healthy diet.5-8

Eggs are a naturally nutritious choice part of a healthy diet. Canada’s Food Guide
Eggs are a nutritious choice as part of a healthy diet. Canada’s Food Guide

0.1-0.5 mg
LUTEIN (AN ANTIOXIDANT ALSO FOUND IN THE EGG YOLK)

13
UMINOR MINS & MINERALS (I.C., K, A, B, D, I, B, ZNO, ZNK)

1.0-1.5 g
SATURATED FAT

3.5 g
UNSATURATED FAT

6 g
HIGH QUALITY PROTEIN

THE EGG
0.0 g
TRANS FAT

53 g
LARGE EGG

This information is for educational purposes and is not intended to replace advice provided by your doctor or dietitian.

REFERENCES:

EGGS – A NATURALLY NUTRITIOUS CHOICE

Eggs are a naturally nutritious choice as part of a healthy diet. Canada’s Food Guide recommends 2 eggs as a serving from the Meat and Alternatives group.†

The Egg

With only 70 calories per large egg, eggs are a great way to enjoy protein.

OMEGA-3 FATS

Omega-3 fatty acids are polyunsaturated fats that our bodies depend on for good health throughout life. There are 3 main types of omega-3 fats: foods that contain short-chain omega-3 fatty acids such as alpha-linolenic acid (ALA) and the long-chain omega-3 fatty acids, eicosapentanoic acid (EPA) and docosahexaenoic acid (DHA).

ARE WE GETTING ENOUGH OMEGA-3?

Most Canadians have adequate intakes of the short-chain omega-3 fatty acid, ALA, which is found in vegetable oils such as canola oil as well as flax seeds and walnuts. However, experts believe many Canadians may not get enough EPA and DHA. These are the longer-chain omega-3 fatty acids that are found primarily in fatty fish.

Although our bodies can convert some ALA to EPA and DHA, research suggests that the conversion to long-chain omega-3 fatty acids, EPA and DHA can help fill the gap to help meet your needs.

WHY OMEGA-3 FATS MATTER

Did you know omega-3 fats are vital for your health? They play important roles in cell membranes and may help to reduce inflammation throughout your body. In the early years, the omega-3 fats DHA supports the normal development of children’s brain, eyes and nerves. Omega-3 fats also help to promote healthy blood vessels and protect heart health.† That is why foods rich in omega-3 fats are recommended as part of a healthy diet.‡

WHEN TO CONSIDER DHA SUPPLEMENTATION

If your diet lacks omega-3 fats, you may consider DHA supplementation. If you do decide to supplement, be sure to choose a product that is supported by research and has a high quality assurance standard.

† Trademarks of Burnbrae Farms Limited. © 2017 www.burnbraefarms.com

‡ This information is for educational purposes and is not intended to replace advice provided by your doctor or dietitian.

REFERENCES:


19. Logan AC. Omega-3 Fatty Acids and Major Depression: A Primer for the Mental Health Professional. Lipids Health Dis, 2004; 3:35.


24. Logan AC. Omega-3 Fatty Acids and Major Depression: A Primer for the Mental Health Professional. Lipids Health Dis, 2004; 3:35.

25. Logan AC. Omega-3 Fatty Acids and Major Depression: A Primer for the Mental Health Professional. Lipids Health Dis, 2004; 3:35.
**Eggs - a naturally nutritious choice**

Eggs are a naturally nutritious choice as part of a healthy diet. Canada’s Food Guide recommends 2 eggs as a serving from the Meat and Alternatives group.¹

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**What are Omega-3 fats?**

Omega-3 fatty acids are polyunsaturated fats that our bodies depend on for good health throughout life. There are 3 main types of omega-3 fats in foods: the short-chain omega-3 fatty acid alpha-linolenic acid (ALA) and the long-chain omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).²

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**Are we getting enough Omega-3?**

Most Canadians have adequate intakes of the short-chain omega-3 fatty acid, ALA, which is found in vegetable oils such as canola oil as well as plant-based foods such as flax seeds and walnuts. However, experts believe many Canadians may not get enough EPA and DHA.³ These are the longer-chain omega-3 fatty acids that are found primarily in fatty fish.

Although our bodies can convert some ALA to EPA and DHA, research suggests that the conversion to the end product, DHA, is very limited.⁴ Therefore, it is especially important to focus on getting enough EPA and DHA omega-3. Foods enriched with omega-3 fats such as omega-3 eggs that contain EPA and DHA can help fill the gap to help meet your daily needs.

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**importance of Omega-3 in your diet**

Wise Food & Lifestyle Choices For Better Overall Health

**Why omega-3 fats matter**

Did you know omega-3 fats are vital for your health? They play important roles in cell membranes and may help to reduce inflammation throughout your body. In the early years, the omega-3 fat, DHA supports the normal development of children’s brain, eyes and nerves.³ Omega-3 fats also may help to promote healthy blood vessels and protect heart health.³ That is why foods rich in omega-3 fats are recommended as part of a healthy diet.³

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**References:**

**OMEGA 3 OR LIQUID EGG PRODUCT, ON YOUR PURCHASE OF**

**• Excellent source of Vitamin D**

**• 0.500 mg of lutein per 53 g egg**

**• Source of omega-3 fatty acids**

**Naturegg™ Omega 3**

- Source of omega-3 fatty acids
- 75 mg of DHA omega-3 per 53 g egg
- Elevated source of Vitamin D

**Naturegg™ Omega Plus™**

- Source of omega-3 fatty acids
- 125 mg of DHA omega-3 per 53 g egg
- >200 mg of EPA per 53 g egg

**THE EGG**

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**OMEGA-3 FATS?**

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**ARE WE GETTING ENOUGH OMEGA-3?**

Most Canadians have adequate intakes of the short-chain omega-3 fatty acid, ALA, which is found in vegetable oils such as canola oil as well as plant-based foods such as flax seeds and walnuts. However, experts believe many Canadians may not get enough EPA and DHA. These are the longer-chain omega-3 fatty acids that are found primarily in fatty fish. Although our bodies can convert some ALA to EPA and DHA, research suggests that the conversion to the end product, DHA, is very limited. Therefore, it is especially important to focus on getting enough EPA and DHA omega-3 fats. Foods enriched with omega-3 such as omega-3 eggs that contain EPA and DHA can help fill the gap to help meet your daily needs.

**THE IMPORTANCE OF OMEGA-3 IN YOUR DIET**

Did you know omega-3 fats are vital for your health? They play important roles in cell membranes and may help to reduce inflammation throughout your body. In the early years, the omega-3 fat, DHA supports the normal development of children’s brain, eyes and nerves. Omega-3 fats may also help to promote healthy blood vessels and protect heart health. 13 That is why foods rich in omega-3 fats are recommended as part of a healthy diet. 14

**FOOD FOR THOUGHT**

This information is for educational purposes and is not intended to replace advice provided by your doctor or dietitian.
RECOMMENDATIONS FOR EPA AND DHA OMEGA-3

The World Health Organization (WHO) recommends a daily intake of 250 mg to 2000 mg of the long-chain omega-3 fatty acids, EPA and DHA combined, for adult men and women. For women who are pregnant or breastfeeding, the WHO recommends a minimum daily intake of 300 mg of EPA and DHA, including at least 200 mg DHA, to promote optimal health for mother and baby. Canada’s Food Guide,8 pregnancy or breastfeeding, the WHO recommends a minimum daily intake of 300 mg of EPA and DHA, including at least 200 mg DHA, to promote optimal health for mother and baby. Canada’s Food Guide,8

PREGNANCY AND BABY’S HEALTH

The omega-3 fatty acid DHA supports the normal development of a baby’s brain, eyes and nerves, primarily in children under two. During pregnancy and throughout the first two years, baby’s developing brain accumulates large amounts of DHA. This is because DHA is also concentrated in the retina of the developing eyes. That’s why getting enough of the omega-3 fats EPA and DHA is especially important for women who are pregnant and breastfeeding.

A recent review concluded that omega-3 fatty acid (EPA and DHA) supplementation during pregnancy may help prevent preterm and pre-delivery.11 One study showed that eating DHA-enriched eggs during pregnancy significantly increased women’s DHA intakes and higher DHA intakes were positively correlated with baby’s birth weight.12 Researchers found that women who consumed plenty of DHA while breastfeeding also had higher levels of DHA in their breast milk.13 Studies with infants given formulas lacking DHA compared to infants given formulas containing DHA showed that providing infants with DHA early in life improved their performance on the mental development index.14

HEART HEALTH

Extensive research indicates that higher EPA and DHA intakes may help protect heart health.15,16 Omega-3 fats may help to reduce chronic inflammation, which is now recognized as an important factor in heart diseases. Omega-3 fats help promote healthy blood vessels and prevent blood clots. Studies have found that higher blood levels of EPA and DHA are associated with a lower risk of death from all causes and from heart disease and stroke.15,16

The omega-3 DHA supports the normal development of baby’s brain, eyes and nerves.

The Canadian Cardiovascular Society 2016 guidelines recommend heart healthy dietary patterns that emphasize omega-3, omega-6 and omega-9 unsaturated fats.19 While the guidelines recommend heart healthy dietary patterns, they do acknowledge that some adults may choose to take high supplemental doses (2-4 g/day) of the long-chain omega-3 EPA and DHA to help manage high blood triglycerides with the advice of their doctor.20 It also lowered blood pressure without some adults may choose to take high supplemental doses (2-4 g/day) of the long-chain omega-3 EPA and DHA to help manage high blood triglycerides with the advice of their doctor.20 It also lowered blood pressure without

Mental Health

DHA is the most abundant fatty acid in the gray matter of the brain, hence its importance in brain development and function. Research suggests that higher omega-3 intakes, specifically DHA, may help protect mental health.15,17 Some studies have found that higher blood levels of EPA and DHA are associated with better cognitive functioning in older adults and a lower risk of Alzheimer’s disease and other forms of dementia.18,19 Studies also suggest that higher omega-3, EPA and DHA intakes may be helpful for reducing symptoms of depression in adults and may have a positive effect on Attention Deficit Hyperactivity Disorder (ADHD) in children.21,22 The Canadian Network for Mood and Anxiety Treatments recommends omega-3 fatty acids among other treatments to help alleviate depression.21,22

IMMUNE HEALTH

Diets rich in omega-3 fats may also be helpful in the management of autoimmune conditions such as rheumatoid arthritis. Studies have found that dietary supplementation with omega-3 fats may help to reduce joint pain and morning stiffness as well as the use of nonsteroidal anti-inflammatory drugs in adults with rheumatoid arthritis.24 Researchers believe that omega-3 fats can help to reduce inflammation commonly associated with inflammatory conditions.

What Foods Contain EPA and DHA OMEGA-3?

EPA and DHA are primarily found in fatty fish such as salmon, tuna, swordfish, mackerel, sardines and herring, fish oil supplements, Omega Plus™ liquid eggs, omega-3 enhanced eggs and some other common plant foods enhanced with EPA and DHA. Common plant sources of omega-3 fatty acids such as flax, walnuts and canola oil provide no EPA or DHA, only the short-chain omega-3, ALA. Table 1 shows selected food sources of omega-3 fatty acids.

Table 1 – common and recommended foods. Selected food sources of omega-3 fatty acids.

<table>
<thead>
<tr>
<th>FOOD SOURCE</th>
<th>SERVING SIZE</th>
<th>TOTAL</th>
<th>EPA</th>
<th>DHA</th>
<th>ALA</th>
</tr>
</thead>
<tbody>
<tr>
<td>FISH/SEAFOOD (COOKED)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salmon (Atlantic, Farm-raised)</td>
<td>75 g</td>
<td>1,957</td>
<td>1,608*</td>
<td>92</td>
<td></td>
</tr>
<tr>
<td>Herring (Pacific)</td>
<td>75 g</td>
<td>1,908</td>
<td>1,715*</td>
<td>52</td>
<td></td>
</tr>
<tr>
<td>Mackerel (Pacific and Jack)</td>
<td>75 g</td>
<td>1,128</td>
<td>1,028*</td>
<td>41</td>
<td></td>
</tr>
<tr>
<td>Trout (Mixed species)</td>
<td>75 g</td>
<td>1,605</td>
<td>1,312*</td>
<td>162</td>
<td></td>
</tr>
<tr>
<td>Habitat (Atlantic or Pacific)</td>
<td>75 g</td>
<td>502</td>
<td>251*</td>
<td>60</td>
<td></td>
</tr>
<tr>
<td>Tuna (Mixed species)</td>
<td>75 g</td>
<td>502</td>
<td>251*</td>
<td>52</td>
<td></td>
</tr>
<tr>
<td>Bream (Atlantic)</td>
<td>75 g</td>
<td>252</td>
<td>208*</td>
<td>100</td>
<td></td>
</tr>
<tr>
<td>Plaice (Atlantic)</td>
<td>75 g</td>
<td>124</td>
<td>119*</td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>PLANT-DERIVED FOODS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Walnuts (Shelled)</td>
<td>7 g (15 mL)</td>
<td>1,641</td>
<td>0</td>
<td>1,619</td>
<td></td>
</tr>
<tr>
<td>Flaxseed (Ground)</td>
<td>7 g (15 mL)</td>
<td>750</td>
<td>251*</td>
<td>100</td>
<td></td>
</tr>
<tr>
<td>Rapeseed</td>
<td>75 g</td>
<td>73</td>
<td>63</td>
<td>10</td>
<td></td>
</tr>
</tbody>
</table>


Eggs are an excellent source of vitamin D.23-25 The Canadian Network for Mood and Anxiety Treatments recommends omega-3 fatty acids among other treatments to help alleviate depression.21,22

What Foods Contain EPA and DHA OMEGA-3?

EPA and DHA are primarily found in fatty fish such as salmon, tuna, swordfish, mackerel, sardines and herring, fish oil supplements, Omega Plus™ liquid eggs, omega-3 enhanced eggs and some other common plant foods enhanced with EPA and DHA. Common plant sources of omega-3 fatty acids such as flax, walnuts and canola oil provide no EPA or DHA, only the short-chain omega-3, ALA. Table 1 shows selected food sources of omega-3 fatty acids.
**HEART HEALTH**

Extensive research indicates that higher EPA and DHA intakes may help protect heart health. **Omega-3** fats may help to reduce chronic inflammation, which is now recognized as an important contributor in heart disease.** Omega-3 fats help promote healthy blood vessels and prevent blood clots. Studies have found that higher blood levels of EPA and DHA are associated with a lower risk of death from all causes and from heart disease and stroke. 1–19

The omega-3 DHA supports the normal development of baby’s brain, eyes and nerves.

The Canadian Cardiovascular Society’s 2016 guidelines recommend heart healthy dietary patterns that emphasize omega-3, omega-6 and omega-9 fats, as well as the use of nonsteroidal anti-inflammatory drugs in adults with rheumatoid arthritis. Studies have found that dietary supplementation with omega-3 fats may help to reduce joint pain and morning stiffness as well as the use of nonsteroidal anti-inflammatory drugs in adults with rheumatoid arthritis. Researchers believe that omega-3 fats can help to reduce inflammation contributing to a range of inflammatory health conditions.

**MENTAL HEALTH**

DHA is the most abundant fatty acid in the gray matter of the brain, hence its importance in brain development and function. Research suggests that higher omega-3 intakes, specifically DHA, may help protect mental health.2–13 Some studies have found that higher blood levels of EPA and DHA are associated with a reduced risk of depression in adults. Studies also suggest that higher omega-3, EPA and DHA intakes may be helpful for reducing symptoms of depression in adults and may have a positive effect on Attention Deficit Hyperactivity Disorder (ADHD) in children.26,27 The Canadian Network for Mood and Anxiety Treatments recommends omega-3 fatty acids among other treatments to help alleviate depression.28

**IMMUNE HEALTH**

Diets rich in omega-3 fats may also be helpful in the management of autoimmune conditions such as rheumatoid arthritis. Studies have found that dietary supplementation with omega-3 fats may help to reduce joint pain and morning stiffness as well as the use of nonsteroidal anti-inflammatory drugs in adults with rheumatoid arthritis. Researchers believe that omega-3 fats may help to reduce inflammation contributing to a range of inflammatory health conditions.
Dietitians of Canada and the American Heart health for mother and baby. Canada’s Food Guide, including at least 200 mg DHA, to promote optimal pregnancy or breastfeeding, the WHO recommends a minimum daily intake of 300 mg of EPA and DHA, including at least 200 mg DHA, to promote optimal pregnancy significantly increased women’s DHA intakes and higher DHA intakes were positively correlated with baby’s birth weight. Researchers found that women who consumed plenty of DHA while breastfeeding also had higher levels of DHA in their breast milk. Studies with infants given formulas lacking DHA compared to infants given formulas with DHA showed that providing infants with DHA early in their lives improved their performance on the mental development index.

The omega-3 fatty acid DHA supports the normal development of a baby’s brain, eyes and nerves.

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OMEGA-3 FA TS mg/SERVING


HEART HEALTH
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Source: University of Guelph; Canadian Network for Mood and Anxiety Treatments. 2019. Omega-3 in the management of autoimmune conditions.

PREGNANCY AND BABY'S HEALTH
The omega-3 fatty acid DHA supports the normal development of a baby’s brain, eyes, and nerves, primarily in children under two. During pregnancy and throughout the first two years, baby’s developing brain accumulates a large number of DHA, which is essential in the retina of the eyes. That’s why getting enough of the omega-3 fats EPA and DHA is especially important for women who are pregnant and breastfeeding.

A recent review concluded that omega-3 fatty acid (EPA and DHA) supplementation during pregnancy may help prevent early and preterm delivery. One study showed that eating DHA-enriched eggs during pregnancy significantly increased women’s DHA intakes and higher DHA intakes were positively correlated with baby’s birth weight. Researchers found that women who consumed plenty of DHA while breastfeeding also had higher levels of DHA in their breast milk. Studies with infants given formulas lacking DHA compared to infants given formulas with DHA showed that providing infants with DHA early in their lives improved their performance on the mental development index.

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RECOMMENDATIONS FOR EPA AND DHA OMEGA-3

The World Health Organization (WHO) recommends a daily intake of 250 mg to 2000 mg of the long-chain omega-3 fatty acids, EPA and DHA combined for adult men and women. For women who are pregnant and breastfeeding, the WHO recommends a minimum daily intake of 300 mg of EPA and DHA, including at least 200 mg DHA, to promote optimal health for mother and baby. Canada’s Food Guide, including at least 200 mg DHA, to promote optimal health for mother and baby. Canada’s Food Guide,8 including at least 200 mg DHA, to promote optimal health for mother and baby.

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HEART HEALTH

The omega-3 DHA supports the normal development of baby’s brain, eyes and nerves.

The Canadian Cardiovascular Society’s 2016 guidelines recommend healthy dietary patterns that emphasize omega-3, omega-6 and omega-9 unsaturated fats.19 While the guidelines do not recommend omega-3 supplements to reduce cardiovascular events, they do acknowledge that some adults may choose to take high-saturation supplements (2-4 g/day) of the long-chain omega-3 EPA and DHA to help manage high blood triglycerides with the advice of their doctor.

University of Guilford researchers demonstrated that daily consumption of a liquid egg product enriched with 125 mg of EPA and 125 mg of DHA lowered blood triglyceride levels by up to 32% over a 3-week period.16 It also lowered blood pressure without negatively affecting blood cholesterol. High blood triglyceride levels and high blood pressure are associated with increased risk factors for heart disease and stroke.

WHAT FOODS CONTAIN EPA AND DHA OMEGA-3?

EPA and DHA are primarily found in fatty fish such as salmon, tuna, swordfish, mackerel, sardines and herring, fish oil supplements, Omega Plus™ liquid eggs, EPA and DHA-enriched eggs and some other foods enriched with EPA and DHA. Common plant sources of omega-3 fatty acids such as flax, walnuts and canola and soybean oils provide no EPA or DHA, only the short-chain omega-3, ALA. Table 1 shows common food sources of omega-3 fatty acids.

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<table>
<thead>
<tr>
<th>FOOD SOURCE</th>
<th>SERVING SIZE</th>
<th>TOTAL DHA + EPA ALA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuna (Light, canned in water)</td>
<td>75 g</td>
<td>124</td>
</tr>
<tr>
<td>Halibut (Atlantic or Pacific)</td>
<td>75 g</td>
<td>500</td>
</tr>
<tr>
<td>Naturegg™ Omega Plus™ egg (3 Servings)</td>
<td>3 g</td>
<td>125</td>
</tr>
<tr>
<td>Naturegg™ Omega Plus™ egg (63 g)</td>
<td>63 g</td>
<td>300</td>
</tr>
<tr>
<td>Flaxseed (Ground)</td>
<td>7 g (15 mL)</td>
<td>1,641</td>
</tr>
<tr>
<td>Soybean oil</td>
<td>3 g (15 mL)</td>
<td>215</td>
</tr>
<tr>
<td>Olive oil</td>
<td>3 g (15 mL)</td>
<td>280</td>
</tr>
<tr>
<td>Canola oil</td>
<td>3 g (15 mL)</td>
<td>1,296</td>
</tr>
<tr>
<td>Egg-based foods</td>
<td>14 g (15 mL)</td>
<td>936</td>
</tr>
<tr>
<td>Salmon (Atlantic, farmed)</td>
<td>75 g</td>
<td>1,957</td>
</tr>
<tr>
<td>Herring (Pacific)</td>
<td>75 g</td>
<td>1,008</td>
</tr>
<tr>
<td>Cod (Atlantic)</td>
<td>75 g</td>
<td>1,055</td>
</tr>
<tr>
<td>Trout (Mixed species)</td>
<td>75 g</td>
<td>1,055</td>
</tr>
<tr>
<td>Habitat (Atlantic or Pacific)</td>
<td>75 g</td>
<td>500</td>
</tr>
<tr>
<td>Salmon (Sockeye)</td>
<td>75 g</td>
<td>300</td>
</tr>
<tr>
<td>Tuna (Light, canned in water)</td>
<td>75 g</td>
<td>202</td>
</tr>
<tr>
<td>Herring (Pacific)</td>
<td>75 g</td>
<td>1,008</td>
</tr>
<tr>
<td>Halibut (Atlantic or Pacific)</td>
<td>75 g</td>
<td>500</td>
</tr>
<tr>
<td>Cod (Atlantic)</td>
<td>75 g</td>
<td>124</td>
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<td>125</td>
</tr>
<tr>
<td>Regular eggs</td>
<td>53 g</td>
<td>76</td>
</tr>
<tr>
<td>Shrimp (Mixed species)</td>
<td>75 g</td>
<td>255</td>
</tr>
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MENTAL HEALTH

DHA is the most abundant fatty acid in the gray matter of the brain, hence its importance in brain development and function. Research suggests that higher omega-3 intakes, specifically DHA, may help protect mental health.16,17 Some studies have found that higher blood levels of EPA and DHA are associated with better cognitive functioning in older adults and a lower risk of Alzheimer’s disease and other forms of dementia.16,18 Studies also suggest that higher omega-3, EPA and DHA intakes may be helpful for reducing symptoms of depression in adults and may have a positive effect on Attention Deficit Hyperactivity Disorder (ADHD) in children.20 The Canadian Network for Mood and Anxiety Treatments recommends omega-3 fatty acids among other treatments to help alleviate depression.21

IMMUNE HEALTH

Diets rich in omega-3 fats may also be helpful in the management of autoimmune conditions such as rheumatoid arthritis. Studies have found that dietary supplementation with omega-3 fats may help to reduce joint pain and morning stiffness as well as the use of nonsteroidal anti-inflammatory drugs in adults with rheumatoid arthritis. Researchers believe that omega-3 fats can help to reduce inflammation commonly found in autoimmune health conditions.
HEART HEALTH

Extensive research indicates that higher EPA and DHA intakes may help protect heart health.

The omega-3 DHA supports the normal development of baby’s brain, eyes and nerves.

The Canadian Cardiovascular Society 2016 guidelines recommend heart healthy dietary patterns that emphasize omega-3, omega-6 and omega-9 unsaturated fats. While the guidelines recommend heart healthy dietary patterns, they do acknowledge that some adults may choose to take high supplemental doses (2–4 g/day) of the long-chain omega-3 EPA and DHA to help manage high blood triglycerides with the advice of their doctor.

University of Guelph researchers demonstrated that daily consumption of a liquid egg product enriched with 125 mg of EPA and 125 mg of DHA lowered blood triglyceride levels by up to 32% over a 3-week period. It also lowered blood pressure without negatively affecting blood cholesterol. High blood triglyceride levels and high blood pressures are both considered risk factors for heart disease and stroke.

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HEART HEALTH

Extensive research indicates that higher EPA and DHA intakes may help protect heart health. The omega-3 fats may help to reduce chronic inflammation, which is now recognized as an important mediator in heart disease. Omega-3 fats help promote healthy blood vessels and prevent blood clots. Studies have found that higher blood levels of EPA and DHA are associated with a lower risk of death from all causes and from heart disease and stroke.10,11

The omega-3 DHA supports the normal development of baby’s brain, eyes and nerves.

The Canadian Cardiovascular Society 2016 guidelines recommend heart healthy dietary patterns that emphasize omega-3, omega-6 and omega-9 unsaturated fats. While the guidelines do not recommend omega-3 supplements to reduce cardiovascular events, they do acknowledge that some adults may choose to take high-suppemental doses (2-4 g/day) of the long-chain omega-3 EPA and DHA to help manage high blood triglycerides with the advice of their doctor.

University of Guelph researchers demonstrated that daily consumption of a liquid egg product enriched with 125 mg of EPA and 125 mg of DHA lowered blood triglyceride levels by up to 37% over a 3-week period.12 It also lowered blood pressure without negatively affecting blood cholesterol. High blood triglyceride levels and high blood pressure are both considered risk factors for heart disease and stroke.

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PREGNANCY AND BABY’S HEALTH

The omega-3 fatty acid DHA supports the normal development of a baby’s brain, eyes and nerves, primarily in children under two. During pregnancy and throughout the first two years, baby’s developing brain accumulates large amounts of omega-3 fatty acids. DHA also concentrations in the retina of the eyes. That’s why getting enough of the omega-3 fats EPA and DHA is especially important for women who are pregnant and breastfeeding.

A recent review concluded that omega-3 fatty acid (EPA and DHA) supplementation during pregnancy may help prevent early preterm delivery.26 One study showed that eating DHA-enriched eggs during pregnancy significantly increased women’s DHA intakes and higher DHA intakes were positively correlated with baby’s birth weight.27 Researchers found that women who consumed plenty of DHA while breastfeeding also had higher levels of DHA in their breast milk.28 Studies with infants given formula lacking DHA compared to infants given formula containing DHA showed that providing infants with DHA early in their lives improved their performance on the mental development index.29,30

WHAT FOODS CONTAIN EPA AND DHA OMEGA-3?

EPA and DHA are primarily found in fatty fish such as salmon, tuna, swordfish, mackerel, sardines and herring, fish oil supplements, Omega Plus™ liquid eggs, omega-3 enriched eggs and some other foods enhanced with EPA and DHA. Common plant sources of omega-3 fatty acids such as flax, walnuts and canola and soybean oils provide no EPA or DHA, only the short-chain omega-3, ALA. Table 1 shows common food sources of omega-3 fatty acids.

Table 1 – COMMON AND RECOMMENDED FOODS. Selected food sources of omega-3 fatty acids.

<table>
<thead>
<tr>
<th>FOOD SOURCE</th>
<th>SERVING SIZE</th>
<th>OMEGA-3 FATs (mg/SERVING)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish/Seafood (Cooked)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salmon (Atlantic, fresh)</td>
<td>75 g</td>
<td>1,927 1,860 8</td>
</tr>
<tr>
<td>Herring (Pacific)</td>
<td>75 g</td>
<td>1,808 1,752 52</td>
</tr>
<tr>
<td>Mackerel (Pacific and Jack)</td>
<td>75 g</td>
<td>1,058 1,018 45</td>
</tr>
<tr>
<td>Trout (Mixed species)</td>
<td>75 g</td>
<td>1,005 970 162</td>
</tr>
<tr>
<td>Habitat (Atlantic or Pacific)</td>
<td>75 g</td>
<td>500 251 12</td>
</tr>
<tr>
<td>Tuna (Mixed species)</td>
<td>75 g</td>
<td>400 256 8</td>
</tr>
<tr>
<td>Sardines (Mixed species)</td>
<td>75 g</td>
<td>259 250 52</td>
</tr>
<tr>
<td>Corn oil</td>
<td>14 g (15 mL)</td>
<td>1,296 0 1,296</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Naturegg™ Omega Plus™ eggs</td>
<td>53 g</td>
<td>400 125 (DHA only) 275</td>
</tr>
<tr>
<td>Naturegg™ Omega Plus™ liquid eggs</td>
<td>63 g</td>
<td>300 250 50</td>
</tr>
<tr>
<td>Naturegg™ Omega Plus™ egg (Dried)</td>
<td>53 g</td>
<td>400 250 50</td>
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Dietitians of Canada and the American Heart Association recommend two servings of fatty fish per week, which corresponds to a daily intake of about 500 mg of EPA and DHA for healthy adults.
EGGS – A NATURALLY NUTRITIOUS CHOICE

Eggs are a naturally nutritious choice as part of a healthy diet. Canada’s Food Guide recommends 2 eggs as a serving from the Meat and Alternatives group.8

WHY OMEGA-3 FATS MATTER

Did you know omega-3 fats are vital for your health? They play important roles in cell membranes and may help to reduce inflammation throughout your body. In the early years, the omega-3 fats DHA supports the normal development of children’s brain, eyes and nerves. Omega-3 fats may also help to promote healthy blood vessels and protect heart health.13 That is why foods rich in omega-3 fats are recommended as part of a healthy diet.14

ARE WE GETTING ENOUGH OMEGA-3?

Most Canadians have adequate intakes of the short-chain omega-3 fatty acid, ALA, which is found in vegetable oils such as canola oil as well as plant-based foods such as flax seeds and walnuts. However, experts believe many Canadians may not get enough EPA and DHA.14 These are the longer-chain omega-3 fatty acids that are found primarily in fatty fish.

Although our bodies can convert some ALA to EPA and DHA, research suggests that the conversion to the end product, DHA, is very limited.7 Therefore, it is especially important to focus on getting enough EPA and DHA omega-3. Foods enhanced with omega-3, such as omega-3 eggs that contain EPA and DHA can help fill the gap to help meet your daily needs.

OMEGA-3 FATS?

Eggs are a great way to enjoy protein. With only 70 calories per large egg, eggs are a wonderful addition to any meal.8

OMEGA-3 FATS

Docosahexaenoic acid (DHA)

Omegas-3 fatty acids are polyunsaturated fats that are needed for good health throughout life. There are 3 main types of omega-3 fats in foods: the short-chain omega-3 fatty acid alpha-linolenic acid (ALA) and the long-chain omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

FATS MATTER

The Importance of Omega-3 In Your Diet

Wise Food & Lifestyle Choices For Better Overall Health

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This information is for educational purposes and is not intended to replace advice provided by your doctor or dietitian.
ON YOUR PURCHASE OF
NATUREGG™ OMEGA-3 EGGS
LIQUID EGGS OR
OMEGA-3 FLAVORS
EGGS
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THE IMPORTANCE OF OMEGA-3 IN YOUR DIET
The importance of omega-3 fats can be seen in their impact on heart health. EPA and DHA are specific types of omega-3 fats that are found in fish oils. These fats are beneficial for many functions in the body, including:
- Preventing blood clots
- Protecting heart health
- Promoting brain health
- Fighting inflammation
- Supporting eye health
- Promoting joint health

THE IMPACT OF OMEGA-3 ON BRAIN HEALTH
EPA and DHA are the most beneficial types of omega-3 fats for the brain. In fact, the majority of DHA found in the body is in the brain. Deficiencies in DHA have been linked to several negative health impacts, such as:
- Poorer quality of life
- Impaired learning
- Reduced intelligence
- Decreased memory

For better overall health, it is important to eat foods that are high in omega-3 fats. Health Canada recommends eating 2 servings of fatty fish per week to meet the daily need for long-chain omega-3 fatty acids.1,2

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