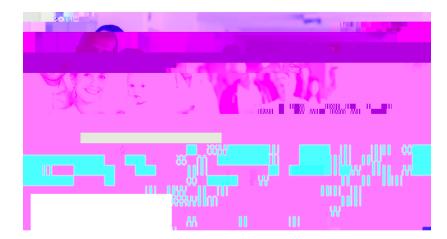


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## The Health Promo



By Cara Rosenbloom, RD

Dietary fat is an essential part of our diet.But, some types of fat are better for you than others. Here-s what you need to know about the omega fatty acids.

We need omega-3 fats for our bodies to function properly. We have to get omega-3s from food, since our bodies can make them.

## ere are 3 main types of omega-3 fats:

DHA and EPA from "sh such as salmon and trout (eat 2 to 3 times a week), AND from plant-based sources such as walnuts, "ax and canola. Because there are limited sources for omega-3, many people do not get enough in their diet.

>>Adequate omega-3 intake is associated with less in ammation. Lowering in ammation is important if you have an in ammatory condition such as Crohnes, colitis, rheumatoid arthritis, gout or psoriasis. Chronic in ammation is also linked to an increased risk of cancer.

>>Omega-6 fats are also essential for good health. However, they re in many foods, so North Americans don t tend to be short on omega-6s. Food sources include: all vegetable oils (grapeseed, sun"ower, corn, soybean, etc.), nuts, seeds, salad dressings, dairy, meat, whole grains and any foods made with oil.

>>Omega-9 fats are neutral or bene"cial for health. ey are monounsaturated fats and are plentiful in olive, canola and avocado oils.

e single most important thing you can do to improve your omega fat ratio is to switch your oils. Instead of omega-6-rich sun"ower, corn or soybean oils, switch to olive, canola or avocado oils, which are higher in omega-9 fats, and use omega-3-rich "axseed oil for salads.

•In health there is freedom. Health is the rst of all liberties. Ž

... Henri-Frederic Amiel





Ancient Grains for Modern Tables

By Cara Rosenbloom, RD

Farro, millet, quinoa and sorghum are all ere gree., which is the name for cereal crops that have been largely unchanged in the past several hundred wl.l3r

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September is Prostate Cancer Awareness Month.

## Q: Prostate cancer ris

Cancer of the prostate is the most common cancer in U.S. men, and the third leading cause of cancer deathst occurs in the walnut-shaped prostate gland beneath the bladder in men. Older age ranks as the No. 1 risk factor; all men older than 50 are at increased risk for developing prostate cancer. A family history of prostate or breast cancer also elevates the risk.

Several other factors may contribute to prostate carfærunknown reasons, the cancer starts earlier and occurs more frequently in African-American men. Research also has linked a diet high in fat and low in vegetables to prostate cancer and excess weight to more aggressive disease.

Best ways to reduce riskat plenty of vegetables and fruits, lose excess weight and get moderate exercise most days of the week. Ask your health care provider about screening for prostate @ATEGENETE BOOKS, MD

