

OMEGA-3 FOODS

AND TIPS TO INCLUDE THEM IN PREGNANCY DIET

Plant-based foods contain ALA, which the body converts to EPA and DHA. Since the conversion of ALA to EPA and DHA is limited, you should include various omega-3 foods in your daily diet.



COMMON PLANT-BASED SOURCES OF OMEGA-3



Flaxseeds



Chia seeds



Walnuts



Beans



Soybean oil



Seaweed and algae

WAYS TO INCLUDE OMEGA-3 FOODS IN YOUR DIET



Use seeds and nuts flour to make items such as bread and energy bars.



Add ground or chopped nuts and seeds to smoothies or muffins.



Use soybean oil for sauteing or frying dry veggies.



Try cooked and uncooked seaweed dishes such as seaweed salad and seaweed soup.



Source: https://www.momjunction.com/articles/safe-consume-fish-oil-pregnancy_0075506/