



High omega-3/low omega-6 treatment diet for AERD

The goal of this treatment diet is to decrease the intake of foods that contain Omega-6 fatty acids (which the body converts into leukotrienes and prostaglandins that cause inflammation), and increase the intake of foods that contain Omega-3 fatty acids, which are considered anti-inflammatory.

<p>Omega-3 fatty acids (also called ω-3 or n-3 fatty acids) are unsaturated fatty acids that include α-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA).</p> <p>ALA is found in some plant oils and flaxseed oil. EPA and DHA are highest in cold water oily fish.</p> <p>* Goal is to increase total omega-3 intake to 3 grams per day (current daily intake in America is often <1 gram).</p>	<p>Omega-6 fatty acids (also called ω-6 or n-6 fatty acids) are unsaturated fatty acids that include linoleic acid, gamma-linoleic acid, and arachidonic acid.</p> <p>Omega-6 fatty acids are found in high concentrations in our commonly used cooking and vegetable oils.</p> <p>* Goal is to reduce total omega-6 intake to about 4 grams per day (current daily intake in America is often 20-30 grams).</p>
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<p>Great foods (eat plentiful quantities)</p>	<p>Okay foods (limit to only small amounts)</p>	<p>Bad foods (try to completely avoid)</p>
<ul style="list-style-type: none"> • Wild-caught cold water oily fish like salmon, sardines, mackerel, herring, anchovies, and tuna • Fat-free dairy products • Egg whites • Dark green leafy vegetables (Brussel sprouts, kale, spinach, broccoli, and salad greens). • Other vegetables: cabbage, turnips, green beans, carrots, sweet potatoes, and squash. • Any raw fruits • Ground flaxseeds or flaxseed oil (1 teaspoon has 2.5 grams of ALA) • Wild-caught fish oils 	<ul style="list-style-type: none"> • Good beans: <ul style="list-style-type: none"> - Kidney beans - Mungo beans (<i>Vigna mungo</i>, or Urad dal, not to be confused with mung beans) - Black beans - Pinto beans • Okay beans, not as good as above: <ul style="list-style-type: none"> - Cowpeas (black eyed peas) - Navy beans - Lentils, Lima beans - Split peas • Potatoes • White rice and grains like barley, but quinoa is high in Omega-6 • Olive oil (1 teaspoon daily is fine) • Butter from grass-fed cows (1-2 tablespoons of Kerrygold butter daily is fine) 	<ul style="list-style-type: none"> • Meat • Poultry • Fat-containing dairy products (regular milk, cheese, and yogurt). • Egg yolks • Peanuts and peanut butter • Other tree nuts (almond, cashew, pistachio, etc). • Avocados • Fried foods at restaurants • Fried foods like donuts, or any high-fat sweet or dessert • Margarine and vegetable oils, including (and especially) corn oil, grape seed oil, soybean oil, safflower oil, sunflower, and cottonseed oil.

SELF NutritionData has a searchable website (<http://nutritiondata.self.com>) that provides complete nutritional information, including specifics on fatty acid content, for thousands of foods.