



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

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.