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HealthWatch: Omega-3 Fatty Acids Found In Fish, These Fats Can Prevent Heart Disease



NEW YORK (CBS) — We've had low fat.

We've had no fat.

Reporting
[Dr. Holly
Phillips](#)

Now, the latest nutritional trend is fatty acids.

Healthy omega-3 acids are mostly found in fish. However, it's starting to pop up in some supermarket staples.

After a visit to the doctor, Jennifer Maciejewski received a wake-up call.

"My doctor told me if I don't get my cholesterol level down that she's going to put me on medication," Maciejewski said.

And that's not something Jennifer wants to do, so she's watching her diet and loading up on omega-3 fatty acids.

Research shows that these healthy fats, found in fish and some vegetables, can prevent heart disease. They can also lower the risk o

"I've got two little kids and want to be there for them. I know it's something. I need to take seriously," Maciejewski said.

And food manufacturers are taking it seriously as well. In 2008, more than 420 foods supplemented with omega-3 were released. Thi 150-plus have already hit the shelves. You can find them on everything from eggs, English muffins and milk to pasta and oil.

"People are more in tune with their diet and want to make sure that they're eating healthy," said Joan Salge Blake of the American Di Association.

But keep in mind; most of the products only contain a fraction of the recommended daily dose of omega-3, which is about 1,000 millig

"Four ounces of something like salmon can have 50 times more the omega-3s than some of these fortified products," Salge Blake sa

Added Dr. Vincent Bufalino of the American Heart Association: "Our recommendation is to get that two to four servings a week of a fa routine."

If fish isn't on your menu, you can choose to take a fish oil supplement, but remember to tell your doctor.

"There are some potential blood-thinning effects, blood pressure-lowering effects, heart irregularity effects," Dr. Bufalino said.

Maciejewski has a fish oil pill every day and hopes it's working.

"When I go back to my doctor I'll find out how effective it was," she said.

While fish is the richest source of omega-3 fatty acids, pregnant women should limit their intake due to the mercury content. The nutri naturally in soybeans and walnuts, and vegetables such as brussel sprouts, kale and spinach.

Omega-3 fatty acids may also help prevent an illness called macular degeneration -- one of the leading causes of blindness among th



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