

# Fuel Your Kids Brain

## The benefits of omega-3 and 6

Kids grow at a rapid rate and we want to do everything we can to support them in any way we can!

Brain health is an often overlooked, but vitally important issue in growing children. Now our brains are made up of about 60% fat so it makes sense we need to feed our brains with good fats! The best whole food sources of fat are nuts, seeds, avocados and my favourite flaxseed oil. Fish oil is also a really popular source of omega-3 fatty acids, but cos I'm a fruit and veggie fan I'm going for flax!

Now the trick with flaxseed oil is to keep it refrigerated and to use it within 6 weeks. Why you ask? Well flaxseed oil, also known as linseed oil, is a poly-unsaturated fat and will begin to oxidize when it's exposed to light and air. Flaxseed oil has a strong nutty flavor, so with kids it's sometimes easier to hide it in a smoothie or yoghurt. Of course you can also get the straight flaxseeds, ground flaxseed, and even LSA which is a mix of linseed, sunflower seeds and almonds – very yummo on breaky cereals.

Flaxseed (*Linum usitatissimum*) oil provides the body with both omega-3 and 6 fatty acids, and has been linked to improving memory and aiding learning. Omega-3 and 6 has also been linked to preventing depression. The omega-3 fatty acid is called alpha-linolenic acid which is a biologic precursor to omega-3 fatty acids such as eicosapentaenoic acid (EPA), which means it not only supports brain health, it has also been linked to cardiovascular health as well, so you can see why flaxseed oil or flaxseed meal is a great addition to everyone's eating plan!

Studies are revealing that there may also be a connection between low omega-3 intake and ADHD (attention deficit hyperactivity disorder), learning disorders, behavioral problems and hyperactivity.

Check out this interesting link <http://www.addadhdadvances.com/efa-depression.html>



Now to nuts! My favo nuts are; walnuts, almonds, brazil nuts (just three brazil nuts provides the daily requirements of selenium, which is a potent antioxidant linked to preventing cardiovascular disease), pecans and the good old Ozzie macadamia nut!

If there is a nut allergy look into alternatives like tahini (sesame seed spread), flax, pepitas and sunflower seeds. Everyone is different though, so if there is any allergy it's worth seeking professional advice!

So to give your kids the best head start for brain health go for foods rich in essential fatty acids: nuts, seeds, flax and the good old avo!

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