


Issues Online

Oct. | Nov. | Dec. | Jan.

CATEGORY

- New Releases:(13)
- Automotive:(1)
- Community Affairs:(1)
- Consumer Information:(38)
- Education :(15)
- Environment and Nature:(15)
- Families and Children:(23)
- Fashion and Beauty:(1)
- Finance and Business:(36)
- Food and Nutrition:(35)
- Generation 50+:(30)
- Health and Safety:(55)
- Home and Garden:(4)
- Human Rights:(2)
- Lifestyles:(73)
- Multicultural Canada:(5)
- Personal Finance:(40)
- Special Dates:(11)
- Sports and Leisure:(1)
- Technology:(12)
- Travel and Destinations:(11)

## DHA omega-3: The health nutrient for seniors

 [SHARE](#)  [Email article](#)  [Add to Basket](#)

(NC)—For the past twenty years, DHA omega-3 has been associated with supporting heart health, and the good news about this healthy fatty acid is increasing. Jane Dummer, a registered dietitian, explains, “Research suggests that consuming DHA omega-3 might be beneficial for cognitive health in our later years.”

DHA omega-3 is a type of essential fat that is good for you and is found naturally throughout the body, most abundantly in the brain, eyes, and heart. An essential fat means we need to get enough of it through our diet to maintain and support proper brain, eye, and heart health.

Dummer, adds, “DHA is especially concentrated in the region responsible for complex thinking skills. A recently published study in the Alzheimer’s Association Journal *Alzheimer’s & Dementia* has demonstrated the benefits of algal supplementation in improving memory in older adults.

There is also some research linking DHA omega-3 to age-related eye health. The research suggests DHA may decrease the risk of developing age-related macular degeneration. However, additional research is needed to confirm this relationship.”

It is important for adults to obtain adequate amounts of DHA in their diets.

Sources include fatty fish, such as salmon, sardines, and tuna. Other options include food that has been enriched with DHA and algal-based supplements. *Life’sDHA*, produced from algae, is a natural vegetarian source of DHA and can be found in many everyday foods, such as Dempster’s Smart 100% whole grain wheat bread and PC Blue Menu strawberry yogurt smoothies ([www.lifesdha.ca](http://www.lifesdha.ca)).

[www.newscanada.com](http://www.newscanada.com)

Word count: 246

[Terms of Use](#)

Articles are provided free of charge. Articles appearing on web sites, must credit [www.newscanada.com](http://www.newscanada.com). Articles appearing in Print, must credit News Canada with (NC) at beginning of an article or – News Canada at the end. Any source/sponsor of the information quoted in the text must also be identified as presented. Images are only to be used with corresponding editorial copy. Usage of News Canada articles constitutes your acceptance of these terms and an agreement between you and News Canada.



**Congratulations to the Ink + Beyond 2011 Draw Winners**

**Subscribe**

For a free monthly subscription to News Canada, [click here](#)

