



# Balancing Polyunsaturated Fats

Increase omega 3 sources of polyunsaturated fats for anti-inflammatory effect. The Western diet consumes higher levels of omega 6 polyunsaturated fats which can have an inflammatory effect in high doses.

## Omega 3 sources

- Salmon
- Mackerel
- Anchovies
- Sardines
- Herring
- Flaxseed
- Chia seeds
- Walnuts
- Miso

## Omega 6 sources

- Soybeans
- Avocado
- Tofu
- Walnuts
- Sunflower seeds
- Chicken thigh
- Peanut butter
- Brazil nuts

