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Why Omega-3s are important to babies, children and mothers?



What you should know:

- Know the long-term benefits of Omega-3 fatty acids in pregnancy for you and your baby.
- Know the best sources of Omega-3 for you and your child.
- Use strategies to reach Omega-3 intake levels at each stage of development.

From pregnancy through young adulthood, eating foods that include healthy fats is critical for growth and development. Since not all fats are the same, it is important to know which fats are healthy to incorporate into the diet.

Known as "essential fatty acids", Omega-3s are important for brain and heart support. There are 3 types of Omega-3 fatty acids: ALA, EPA and DHA, the latter being especially important in the **development of the nervous system and brain**.


Since our body cannot manufacture its own Omega-3s, it is essential that it be consumed from foods rich in Omega-3s or supplements containing them. DHA and EPA come from fish or fish oil Supplements, while ALA comes from soy and canola seeds. The rate at which our body converts ALA to EPA and DHA is very low so unless you are vegan or vegetarian our scientifically backed recommendation is to use **oily fish or supplements rich in Omega-3 pure as those of our company**.




Products manufactured by SPES S.A.

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