

The Omega-3-6-9 Dilemma

奥美加3、6、9脂肪酸的困惑

If you have heard the term "omega fatty acids" before, you might be wondering what they are and why they are important. Omega-3, omega-6 and omega-9 are fatty acids that are important for maintaining good health. However, there is a lot of confusion about how much of each we should be consuming, and what their individual benefits are. In this article, we will explore the omega-3, 6 and 9 dilemma, and provide some guidance on how to ensure you are getting enough of these essential fatty acids.

Let's start with what these fatty acids are and why they are important. Omega-3 and omega-6 are polyunsaturated fats that are essential fatty acids, meaning our bodies cannot produce them on their own and we must get them from our diet. Omega-9 fatty acids, unlike omega-3 and omega-6, are non-essential fatty acids. This means that our bodies can produce them on their own, so we don't necessarily need to get them from our diet.

如果您听过“奥美加脂肪酸”这个词，您可能想知道它们是什么。为什么它们很重要。奥美加3、6和9是对保持健康非常重要的脂肪酸。然而，对于每一种我们应该摄入多少以及它们各自的好处，许多人对此感到困惑。在这篇文章中，我们将探讨奥美加3、6和9的混淆，并提供一些指导，以确保您获得足够的这些必需脂肪酸。

让我们从这些脂肪酸是什么以及为什么它们很重要开始。奥美加3和6是多不饱和脂肪，是必需脂肪酸，这意味着我们的身体不能自己产生它们，我们必须从饮食中获取。与奥美加3和6不同，奥美加9脂肪酸是非必需脂肪酸。这意味着我们的身体可以自己产生它们，所以我们不一定需要从饮食中获取它们。





Benefits 益处:



Improves brain function and memory
改善大脑功能和记忆力



Reduces inflammation
减少炎症



Lowers risk of heart disease
降低患心脏病的风险



Improves eye health
改善眼睛健康



Reduces symptoms of depression and anxiety
减轻抑郁和焦虑的症状

Omega-3 fatty acids are perhaps the most well-known of the omega fatty acids and for good reason. These fatty acids play a crucial role in brain function, eye health, and heart health, among other things.

There are several food sources of omega 3 fatty acids, including:

- Fatty fish such as salmon, tuna and sardines
- Flaxseeds
- Chia seeds
- Walnuts
- Soybeans and tofu
- Leafy greens such as spinach and kale

Note: Fish oil and flaxseed oil contain the most omega-3 fatty acids.

奥美加3脂肪酸可能是奥美加脂肪酸中最知名的，这是有原因的。这些脂肪酸在大脑功能、眼睛健康和心脏健康等方面发挥着至关重要的作用。

奥美加3脂肪酸有几种食物来源，包括：

- 富含脂肪的鱼，如鲑鱼、金枪鱼和沙丁鱼
- 亚麻籽
- 奇亚籽
- 核桃
- 大豆和豆腐
- 绿叶蔬菜，如菠菜和甘蓝

注意：鱼油和亚麻籽油含有最多的奥美加3脂肪酸。

Benefits 益处:



Enhances cognitive abilities, memory and learning
增强认知能力、记忆和学习



Contributes to maintaining healthy skin and hair
有助于保持健康的皮肤和头发



Supports bone health
有助于骨骼健康



Helps in the normal functioning of the reproductive system
有助于生殖系统的正常运作



While omega-6 fatty acids are also essential to our health, they often get a bad rap due to their pro-inflammatory attributes.

Omega-6 fatty acids are found in many foods, including:

- Vegetable oils such as corn, soybean and sunflower oil
- Processed foods such as crackers, chips and baked goods
- Meat and dairy products from animals that have been fed a diet high in corn and soybeans

尽管奥美加6脂肪酸对我们的健康也是必不可少的，但由于它们的促炎特性，它们常常被冠以坏名声。

奥美加6脂肪酸存在于很多食物中，包括：

- 植物油，如玉米油、豆油和葵花籽油
- 加工食品，如饼干、薯片和烘焙食品
- 以玉米和大豆为主的饲料喂养的动物的肉类和奶制品



Benefits 益处:



Lowers risk of heart disease
降低患心脏病的风险



Reduces inflammation
减少炎症



Improves insulin sensitivity
改善胰岛素敏感性

While our bodies can produce omega-9 fatty acids on their own, there are also several food sources of these fatty acids, including:

- Olive oil
- Avocado oil
- Almonds
- Cashews
- Pistachios

虽然我们的身体可以自己产生奥美加9脂肪酸，但也有几种食物来源含有这些脂肪酸，包括：

- 橄榄油
- 鳄梨油
- 杏仁
- 腰果
- 开心果



The problem with the omega-3, 6 and 9 dilemma is that many people consume too much omega-6 and not enough omega-3. This is because omega-6 is found in many processed foods, vegetable oils and meat, while omega-3 is primarily found in wild-caught fish, nuts and seeds.

Our modern diet is often high in omega-6. Why is that the case? The modern-day diet is high in omega-6 fatty acids due to the increased consumption of processed foods and the use of vegetable oils in cooking. These vegetable oils are cheaper and more readily available than other oils, making them a popular choice for food manufacturers and restaurants.

When our diet contains too much omega-6 and not enough omega-3, it can lead to chronic inflammation, which is a risk factor for many diseases, including:

- Heart disease
- Diabetes
- Arthritis
- Alzheimer's disease
- Depression

In addition to processed foods and cooking oils, the modern-day diet is also high in omega-6 due to the increased consumption of meat and dairy from farm-raised animals and fish. Farm-raised fish and animals are often fed a diet that is high in omega-6 fatty acids, which can lead to an imbalance of essential fatty acids in the body when consumed in excess. This is because the feed used for these animals is often made from grains, such as corn and soybeans, which are high in omega-6 fatty acids.

When animals consume this type of feed, the omega-6 fatty acids are stored in their tissues, including their fats and muscles. When we consume these animals, we also consume the excess omega-6 fatty acids that they have stored, which can lead to an imbalance in our own essential fatty acid levels.

In addition to the feed used for farmed animals, the living conditions of these animals can also impact the quality of the meat and fish that they produce. For example, farmed fish may be raised in crowded conditions that increase their stress levels, leading to higher levels of inflammation and lower levels of beneficial omega-3 fatty acids in their flesh.

To balance your omega-3 and omega-6 intake, it is recommended to consume a ratio of omega-3 to omega-6 between 1:1 and 4:1. However, most people consume a ratio of 1:16 or even higher, which can have negative health effects. To increase your omega-3 intake, try to consume fatty fish such as salmon, tuna and mackerel, just make sure they are wild-caught and NOT farmed. You can also incorporate more nuts and seeds into your diet, such as flaxseeds, chia seeds and walnuts, which are high in omega-3. Please make sure to choose nuts and seeds that are raw or roasted without added oils to help avoid excess omega-6 intake.

However, if you are unable to source wild-caught animals or fish for meat or raw nuts and seeds, supplementing with flaxseed oil might be a healthier alternative.

奥美加3、6和9的问题在于很多人摄入了太多的奥美加6，而奥美加3却不够。这是因为奥美加6脂肪酸存在于许多加工食品、植物油和肉类中，而奥美加3脂肪酸主要存在于野生鱼类、坚果和种子中。

我们现代的饮食往往是高奥美加6。为什么会这样呢？这是因为加工食品消费的增加和烹饪中使用植物油，因此现代饮食中奥美加6脂肪酸的含量很高。这些植物油比其他油更便宜，更容易获得，使它们成为食品制造商和餐馆的热门选择。

当我们的饮食中含有过多的奥美加6而没有足够的奥美加3时，它会导致慢性炎症，这是许多疾病的风险因素，包括：

- 心脏病
- 糖尿病
- 关节炎
- 阿尔茨海默病
- 抑郁症

现代饮食中奥美加6的含量很高，除了加工食品和食用油外，这也是由于农场饲养的动物和鱼类的肉类和乳制品消费量增加所致。养殖的鱼和动物通常吃的是富含奥美加6脂肪酸的食物，当摄入农场饲养的动物和鱼类的肉类和奶制品过多时，会导致体内必需脂肪酸的失衡。这是因为这些动物的饲料通常是由谷物制成的，如玉米和大豆，这些谷物富含奥美加6脂肪酸。

当动物食用这种类型的饲料时，奥美加6脂肪酸就会储存在它们的组织中，包括脂肪和肌肉。当我们食用这些动物时，我们也摄入了它们储存的多余的奥美加6脂肪酸，这可能会导致我们自身必需脂肪酸水平的失衡。

除了农场饲料，这些动物的生活条件也会影响它们生产的肉和鱼的质量。例如，养殖的鱼可能在拥挤的环境中饲养，这增加了它们的压力水平，导致炎症水平更高，而鱼肉中有益的奥美加3脂肪酸水平更低。

为了平衡奥美加3和6摄入量，建议以1:1到4:1的比例摄入奥美加3和6。然而，大多数人的摄入比例为1:16甚至更高，这可能对健康产生负面影响。为了增加奥美加3的摄入量，尽量食用鲑鱼、金枪鱼和鲭鱼等富含脂肪的鱼类，但要确保它们是野生捕捞的，而不是人工养殖的。您也可以在饮食中加入更多的坚果和种子，比如亚麻籽、奇亚籽和核桃，它们富含奥美加3。请确保选择没有添加油的生的或烤过的坚果和种子，以避免摄入过量的奥美加6脂肪酸。

如果您无法获得野生动物或鱼类的肉或生坚果和种子，补充亚麻籽油可能是一个更健康的选择。



Why Flaxseed Oil?

Flaxseed oil is a rich source of omega-3 fatty acids, specifically alpha-linolenic acid (ALA), which has potent anti-cancer, anti-inflammatory and stroke prevention benefits. In fact, flaxseed oil has one of the highest concentrations of ALA among plant-based oils, making it a popular choice for those looking to increase their omega-3 intake.

The typical ratio of omega-3 to omega-6 in flaxseed oil is approximately 4:1, which is considered an ideal ratio for maintaining a healthy balance of these fatty acids in the diet. This is in contrast to many other vegetable oils, which are much higher in omega-6 fatty acids.

为什么是亚麻籽油?

亚麻籽油富含奥美加3脂肪酸，特别是 α -亚麻酸(ALA)，具有有效的抗癌、抗炎和预防中风的功效。事实上，亚麻籽油是植物油中ALA含量最高的，这使得它成为那些希望增加奥美加3摄入量的人士的热门选择。

亚麻籽油中奥美加3和6的典型比例大约是4:1，这被认为是在饮食中保持这些脂肪酸健康平衡的理想比例。这与许多其他植物油不同，这些油通常含有更高的奥美加6脂肪酸。



Conclusion

The omega-3, 6 and 9 dilemma is a complex issue that requires careful consideration of our diet and lifestyle choices. While omega-3, omega-6 and omega-9 are fatty acids that play important roles in our health, the balance between these three fatty acids can be difficult to achieve.

To ensure we are getting enough omega-3 it is important to incorporate a variety of healthy foods into our diet, such as fatty wild-caught fish, nuts and seeds, healthy oils, and grass-fed meat and dairy. Additionally, taking an omega-3 supplement like flaxseed oil is highly necessary for almost everyone else to maintain a healthy balance between omega-3 and omega-6.

结论

奥美加3、6和9是一个复杂的问题，需要仔细考虑我们的饮食和生活方式选择。虽然奥美加脂肪酸3、6和9对我们的健康起重要的作用，但这三种脂肪酸之间的平衡很难达到的。

为了确保摄入足够的奥美加3，我们在饮食中加入各种健康的食物是很重要的，例如野生捕获的高脂肪鱼类、坚果和种子、健康的油、草饲的肉类和乳制品。此外，服用像亚麻籽油这样的奥美加3补充剂对于保持奥美加3和6之间的健康平衡是非常必要的。