

## Recipes to get you started!

### Quick Snacks – fillings for sandwiches, crackers, pittas, wraps or jacket potatoes:

- ♥ Canned pilchards or mackerel in tomato or mustard sauce
- ♥ Canned salmon in low fat salad cream instead of mayonnaise
- ♥ Flaked mackerel, chopped cucumber and lemon or lime juice
- ♥ Canned sardines in spicy tomato sauce & canned mixed beans
- ♥ Mackerel or salmon or tuna paté

### Main Meals - to keep as much omega-3 in the fish, it is best to steam or microwave. However grilled, baked, fried or canned oily fish are all still good omega-3 sources:

- ♥ Steamed salmon steak with salad and new potatoes
- ♥ Grilled peppered mackerel with a pasta salad
- ♥ Baked trout with lemon, served with jacket potato & vegetables
- ♥ Salmon or fresh tuna fish cakes with salad or baked beans
- ♥ Herring curry with chapatti or boiled basmati rice & salad

### Start experimenting with fresh, frozen, canned fish or omega-3 plant foods. Serve the following dishes with salad or fresh, frozen or canned vegetables:

- ♥ Stir-fry - toss noodles with salmon, tuna, tofu or pumpkin seeds
- ♥ Fish Pie (potato topping) - use a mixture of salmon & white fish
- ♥ Pasta - add walnuts or spinach or oily fish to a tomato sauce
- ♥ Risotto - try making it with smoked mackerel or unsalted nuts
- ♥ Pizza - try sardine or pilchard topping for a change
- ♥ Curry - try using mackerel or soya beans and serve with rice
- ♥ Chowder Soup - add flaked smoked mackerel or sweet potato
- ♥ Kedgeriee - use kippers or tofu with a little turmeric powder



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# HEART DISEASE & OMEGA-3 FATS

This leaflet looks at omega-3 fats for adults who have had a heart attack. For further queries about your diet please discuss with your doctor, nurse or dietitian.

## What are omega-3 fats?

- ♥ They are 'healthy' fats which protect your heart
- ♥ Omega-3 fats are also known as EPA and DHA

## How do omega-3 fats protect the heart?

- ♥ Help the heart to beat more regularly
- ♥ Reduce the 'stickiness' of blood, making it less likely to clot
- ♥ Help to keep arteries smooth and supple

## Where are omega-3 fats found?

- ♥ Oily fish - very good sources are herring, kippers, mackerel, pilchards, salmon, sardines and trout
- ♥ Other sources are rapeseed (or canola) oil, nuts, dark green leafy vegetables and some enriched foods

## How much omega-3 fats do I need to eat?

- ♥ **People who have had a heart attack:**
  - aim for **2–3 large servings** of **high omega-3 oily fish weekly** (see fish above the dotted line on page 2)
  - **OR take an omega-3 supplement** (see page 3)
- ♥ **Everyone else** - aim for 1 serving of oily fish (high in omega-3 fats) and 1 serving of white fish per week.
- ♥ **Serving size** will depend on type of fish. A serving is roughly 100 – 150g (4 - 6oz) of fresh, frozen or smoked fish or one small or half a medium or a third of a large tin of canned fish.
- ♥ **Eat a variety of fish** - try different fish. If possible buy local fish or fish from environmentally friendly sources.
- ♥ To help lower your salt intake, keep smoked fish to no more than once a week.



## OMEGA-3 FATS FOUND IN FISH –per average serving

High sources of omega-3 are above the dotted line

Very High Source



After a heart attack: if you eat less than 2-3 high omega-3 fish a week, add in more & try to gradually build it up!

Use the table to see how the fish you currently eat measure up in Omega-3s



Low Source

- ♥ **Mackerel** - fresh or frozen
- ♥ **Kippers** – fresh, frozen or canned
- ♥ **Pilchards** - canned in tomato sauce
- ♥ **Tuna or Trout** - fresh or frozen
- ♥ **Sprats or Salmon** – fresh or frozen
- ♥ **Mackerel** - smoked or canned
- ♥ **Sardines** – fresh or canned
- ♥ **Herring** – pickled, fresh or frozen
- ♥ **Sild or Skippers** – canned
- ♥ **Salmon** –canned in brine or in pasta dishes or smoked salmon
- ♥ **Crab** - fresh
- ♥ **Herring** - canned
- ♥ **Trout** - smoked
- ♥ **Swordfish (only eat Swordfish, Shark & Marlin once a week)**
- ♥ **Salmon Fish Cakes** or potato top pies
- ♥ **Salmon Fish Paté**
- ♥ **Tuna** - canned in oil
- ♥ **Crab** - canned in brine
- ♥ **Eel** – fresh or jellied
- ♥ **Fish Paste** - Crab, Salmon, Sardine
- ♥ **Cod or Haddock** - fresh or frozen
- ♥ **Fish Cakes or Fish Fingers** (white)
- ♥ **Tuna** - canned in brine or water

- ♥ **If using canned fish in oil or brine** - drain well before use
- ♥ **Smoked fish** - keep to no more than once a week
- ♥ **Variety is the spice of life!** Try different fish. If possible buy local fish or fish from environmentally friendly sources.

## Fish doesn't have to be expensive!

- ♥ Canned fish is convenient and cheap. All canned oily fish is high in omega-3 fats, except canned tuna.
- ♥ Fresh fish - buy fish in season
- ♥ Look out for special offers for fresh or frozen fish

## I don't eat fish. How can I get more omega-3 fats?

### Your body:

- finds it easiest to use omega-3's (EPA & DHA) from oily fish
- can convert a type of fat in plants called ALA into small amounts of the more useful omega-3 found in oily fish

**So, to help your body convert as much as possible omega-3's from plants, it is important:**

- ♥ **Eat a varied diet with plant rich sources daily:**
  - Rapeseed, canola, walnut, soya, flax (or linseed) oil
  - Ground or crushed linseeds, flax or pumpkin seeds
  - Unsalted nuts – walnuts, pecans, peanuts, almonds
  - Soya beans and tofu
  - Dark green leafy vegetables, sweet potato & whole grains

**Omega-3 enriched foods** - for instance eggs, milk, yogurt and yogurt drinks. Omega-3 content (as EPA, DHA, ALA) varies greatly, so check labels. The target is 1.0g of omega-3 per day.

## Should I take omega-3 Supplements?

**If you eat enough oily fish you do not need to take a supplement.**

- ♥ **Only for people who have had a heart attack & don't eat oily fish. Either:**
  - take a prescribed or bought over the counter capsule containing 1.0g omega-3s (EPA & DHA) daily
- OR**
  - if you are unable to take fish oil capsules, try a supplement derived from algae (good source of DHA)

