

MEDIA RELEASE

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NEW RESEARCH: DIETARY VARIETY IS KEY TO GOOD HEALTH

After new research released by Cochraneⁱ found that taking omega 3 supplements provided no additional benefit in reducing risk or occurrence of heart disease, dietitians are encouraging Australians to review their diet rather than their medicine cabinet when it comes to looking after their health.

Omega 3's are an essential part of the diet as the body is unable to make them itself. Whilst omega 3 supplements gained popularity through their ease of intake, this study reinforces that it's more important to focus on what we are serving up on our dinner plate.

“Omega 3's play a role in eye, skin and heart health as well as brain function, fertility and pregnancy,” said Spokesperson for the Dietitians Association of Australia, Natasha Murray.

Benefit is thought to be provided by omega 3's found in food, rather than provided in supplementsⁱⁱ.

“Incorporating foods such as oily fish, seafood, plant-based oils and nuts and seeds are a way to help you boost your dietary intake of omega 3,” said Ms Murray, an Accredited Practising Dietitian.

However, Ms Murray cautions about becoming too focused on one nutrient.

“At the end of the day, diet quality and variety is key. By consuming a wide range of whole foods, it allows us to gain a variety of nutrients, setting us on the path to good health,” she said.

She recommends working with your local Accredited Practising Dietitian to maximise the variety and nutrition of your meals.

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For further information or to organise an interview with Natasha Murray, contact Pattie King, Dietitians Association of Australia, on 0409 661 920.

ⁱ Abdelhamid AS, Brown TJ, Brainard JS, Biswas P, Thorpe GC, Moore HJ, Deane KHO, AlAbdulghafoor FK, Summerbell CD, Worthington HV, Song F, Hooper L. Omega-3 fatty acids for the primary and secondary prevention of cardiovascular disease. Cochrane Database of Systematic Reviews 2018, Issue 7. Art. No.: CD003177. DOI: 10.1002/14651858.CD003177.pub3.

ⁱⁱ Practice-based Evidence in Nutrition. Knowledge Pathway: Cardiovascular Disease – Hypertension Practice Question. Available from: <http://www.pennutrition.com/KnowledgePathway.aspx?kpid=674&pqcatid=146&pqid=26329>