

Five New Meals to Boost Your Omega-3s

Edamame Avocado Bowl

½ cup shelled edamame + ½ cup whole wheat (or soba) noodles + ½ avocado + 1 shredded carrot + 1 tbsp reduced sodium soy sauce + 1 tbsp rice vinegar + ½ tsp sesame oil + cilantro



Provides: 370 calories, 19 grams fat (3 grams saturated), 40 grams carb, 14 grams protein, 12 grams fiber

Pumpkin and Flaxseed Oatmeal

1¼ cup simmering low-fat milk + ½ cup dry oats + ¼ cup pureed pumpkin + ¼ tsp cinnamon + ⅛ tsp nutmeg or allspice + 1 tbsp brown sugar + 1 tbsp flaxseed (ground if possible) + 1 tbsp pumpkin seeds



Provides: 370 calories, 11 grams fat (3 grams saturated), 51 grams carb, 18 grams protein, 7 grams fiber

Pasta Puttanesca

Sauté 1 garlic clove + ½ tbsp olive oil + 2 anchovies + 1 diced tomato + 2 tbsp chopped olives + ½ tbsp chopped capers + ½ can tuna + 1 cup cooked spaghetti + parsley



Provides: 510 calories, 19 grams fat (3 grams saturated), 48 grams carb, 36 grams protein, 4 grams fiber

Salmon Salad Pita

½ can salmon + ½ celery stick + 1 tbsp walnuts + 1 tbsp canola mayonnaise + 1 tbsp yogurt + dill + squeeze lemon + cucumber + whole wheat pita



Provides: 420 calories, 16 grams fat (3 grams saturated), 42 grams carbs, 29 grams protein, 6 grams fiber

Chocolate Chia Seed Breakfast Pudding

1 cup low-fat milk + 4 tsp chia seeds + 1 tbsp cocoa powder + ½ tbsp maple + ½ tsp cinnamon (leave in fridge for at least 3 hours) + 1 sliced banana (add before serving)



Provides: 320 calories, 7 grams fat (2 grams saturated), 55 gram carb, 14 grams protein, 11 grams fiber

More Good Sources of Omega-3s

