

# Omega-3 Fatty Acids

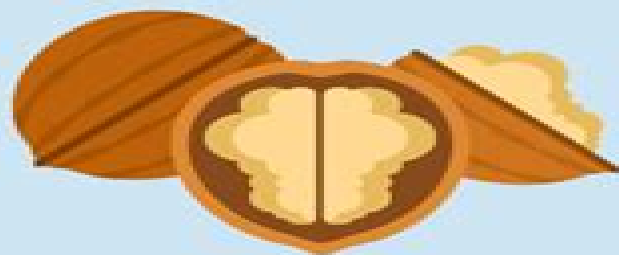
## Best Food Sources



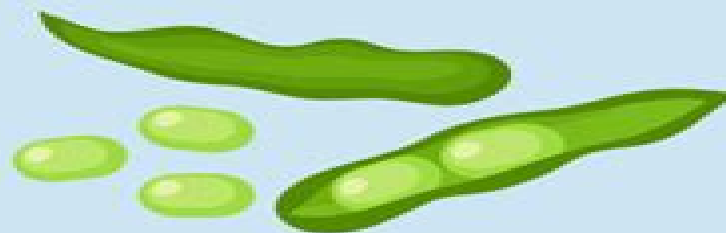
**Certain types of fish.**



**Ground flaxseed.**



**Walnuts.**



**Edamame.**

# Health Effects Of Dietary Fatty Acids

**Ying Liu**

A decorative red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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