



<https://iin.edlumina.com/navigation/reset>

Omega Diet

The Omega Diet was created by Artemis Simopoulos, MD, to help people create a balance between omega-3 and omega-6 fatty acids. Her claim is based on the importance of proper ratios, as imbalances can lead to obesity, heart disease, rheumatoid arthritis, chronic fatigue syndrome, and other serious conditions. Omega-3 fats provide support against inflammation, the main culprit of these diseases, as well as normalize metabolism. On average, the modern American diet consists of far more omega-6 than omega-3 fatty acids, so it's important to alter the diet accordingly.

The Omega Diet has been tested in the Lyon Diet Heart Study, which proved its efficacy in reducing disease and maintaining weight. In her book, *The Omega Diet*, Dr. Simopoulos provides seven guidelines and various meal options to help people distinguish between harmful fats and beneficial fats.

Her first guideline is to enrich the diet with omega-3 fatty acids. Her second is to use canola, olive, and flax oils as primary fats. She recommends seven or more servings of fruits and vegetables daily, and advises followers eat more peas, beans, and nuts, and less saturated fat and cholesterol. Next, she advises against oils high in omega-6 fatty acids such as polyunsaturated vegetable oils. Her final primary guideline is to avoid trans fats.

Foods high in omega-3s include salmon, mackerel, walnuts, flax seeds and flax seed oil, canola oil, legumes, black cod, bluefish, sardines, and herring.

Foods to include:

- Vegetables
- Fruits
- Whole grains
- Fish
- Beans
- Dairy
- Nuts
- Oils

Foods to avoid:

- Processed foods
- Refined grains
- Sugar
- Trans fats

Pros:

- Promotes whole foods
- Includes healthy fats, critical for brain function
- May become lifestyle approach

Cons:

- May be difficult for some to avoid processed foods
- Some may overdo healthy fats, leading to weight gain
- Some may not like fish and other foods high in omega-3s

Sources:

The Omega Diet www.johnrobbins.info [_\(http://www.johnrobbins.info\)_](http://www.johnrobbins.info)

Omega-3 Fatty Acids www.umm.edu [_\(http://www.umm.edu\)_](http://www.umm.edu)

An Interview with Dr. Artemis Simopoulos [www.1stvitality.co.uk](https://courses.iin.edlumina.com/courses/1106/pages/the-omega-diet) [_\(https://courses.iin.edlumina.com/courses/1106/pages/the-omega-diet\)_](https://courses.iin.edlumina.com/courses/1106/pages/the-omega-diet)