

[IMAGE]

## **Omeegas for Pregnancy**

By Editorial Staff

With new research suggesting that as many as 25% of pregnant women do not get enough omega-3 fatty acids, it's time for a refresher on why omeegas are so important, whether derived from your diet or supplements.

First, the research: Published in *Public Health Nutrition*, the study found that not only did one in four pregnant women report not eating fish at all, or eating fish less than once per month, but also that only 16% took fish oil supplements. Surprisingly, supplement use was less common among women who ate less fish – putting them at even greater risk for omega-3 deficiency. Study findings are based on a review of data on fish / supplement intake reported by U.S. pregnant women participating in the Environmental influences on Child Health Outcomes (ECHO) program.

While mercury intake can be a concern when consuming fish, particularly during pregnancy, eating low-mercury fish or taking fish-oil supplements is a great option to ensure women enjoy the health benefits of omega-3 fatty acids. According to the American College of Nurse-Midwives, "Omega-3s improve your baby's eye and brain growth and early development. Taking in enough omega-3s can lower your baby's chances of getting asthma and other allergic conditions. They also may lower your risk of giving birth too early, and of having depression after you have your baby (postpartum depression)."

If you're pregnant or expecting to become pregnant, make sure you and your health care team are on the same page with regard to nutrition, including supplementation. Both you and your baby will reap the benefits.

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