

The Numbers

FATTY ACIDS

Daily Calories from Fat

No more than
25-30%

of daily calories should come from

Fat

1

Less than
10%

of daily calories should come from

Saturated Fat

1

Limit more to further reduce risk of heart disease



Most Americans exceed the recommendations for **SATURATED FATS**

Consumption of EPA and DHA

Dosage of combined EPA/DHA
of less than

2g/day

is generally safe for the general population and well-tolerated with minimal side effects

3

Consumption of EPA and DHA
from food contributes only

90mg

in adults out of the **1.1-1.6g** considered to be "adequate intake"

4



7.8% of adults and **1.1%** of children in the U.S. use supplements containing fish oil, Omega-3s, DHA and/or EPA

- 1) 2015 Dietary Guidelines for Americans
- 2) Papanikolaou 2014; Agricultural Research Service 2017
- 3) Institute of Medicine 2005
- 4) NHANES 2011-2012

