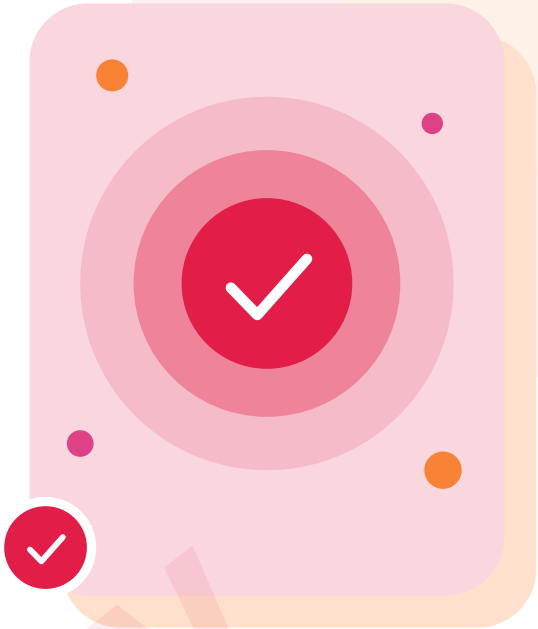
CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Prioritizing Omega-3 Rich Foods



Omega-3 fatty acids support brain, heart, and joint health. Use this checklist to add more omega-3-rich foods to your diet.

10 steps | Print-ready A4

NAME	START	TARGET DATE

1 **Add Fatty Fish Twice a Week**

Include options like salmon, mackerel, or sardines in your meals. Bake, grill, or pan-sear for a healthy preparation method.

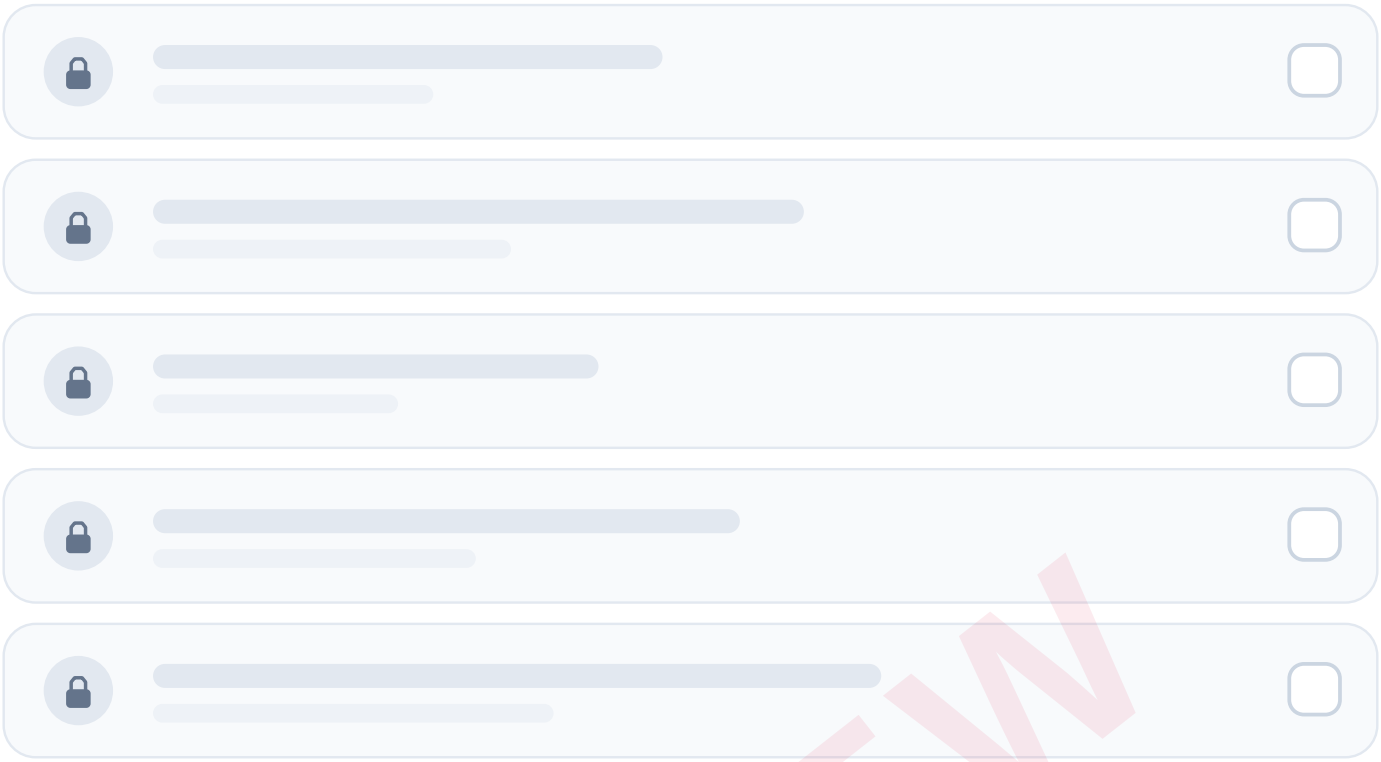
2 **Incorporate Flaxseeds**

Sprinkle ground flaxseeds on oatmeal, smoothies, or salads. Store them in the refrigerator to maintain freshness.

3 **Snack on Walnuts**

Eat a handful of walnuts as a nutritious and convenient snack. Add them to baked goods or sprinkle on yogurt for variety.

PREVIEW



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