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Further Research

Fat Intake and Learning

Whenever I prepare for a webinar or a new *Straight Talk on Health* monthly audio, I always find more research than I can actually use; either the study was too small or the study didn't exactly apply to the topic. It doesn't mean it wasn't good research, but I have to stop somewhere. This week, I'm going to share my take on three research articles I found when I prepared for the ADHD webinar.

The first involves an examination of dietary fat in kids and their ability to learn. The researchers examined the diets of 70 children 9 to 11 years old. Their hypothesis was that as the ratio of omega-6s to omega-3s decreased (much more omega 3s than omega 6s), the children would do better on learning and memory tests. Their hypothesis was confirmed, sort of. As long as the omega-6:omega-3 ratio stayed low, regardless of high or low intakes of both omegas, the children were able to learn and remember better.



What does that mean to you and your children, especially if they have ADHD? Pay attention to the types of fat they get in their diet. Reduce fried fast food, such as fries, and fried snacks, such as chips; both are big sources of omega 6s. Walnuts and seafood are good sources of omega 3s for kids; look for creative ways to add flaxseed into foods, such as using flaxseed bread flour. Avoid plain vegetable oils such as corn and soybean oil and focus on flaxseed and canola oil in cooking and dressings. I'll cover another study on Thursday.

What are you prepared to do today?

Dr. Chet

Reference: Am J Clin Nutr September 2013; 98(3):659-667.

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