

Study Shows Omega 3 Benefits Fetal and Maternal Health

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Omega 3 Benefits In Pregnancy

New studies show that taking omega 3 fish oil supplements is beneficial to both pregnant women and their developing baby. Find out more...

([Newswire.net](#) -- December 24, 2014) -- Omega-3 fatty acids are an essential dietary component and can only be obtained through diet, unlike other nutrients which can be synthesized by the body. While optimal dietary levels have not yet been established, while pregnant the levels required are increased. This nutrient has been studied extensively and shown to be critical for fetal neurodevelopment, timing of gestation, and optimal birth weight as well. Based on these research findings, pregnant women are recommended to consume two sources of these fatty acids per week from foods or supplements.

Fat is essential for both energy as well as critical building material. During pregnancy, women have increased nutrient needs for optimal fetal development. Recent research in this area has focused on polyunsaturated fats. Through these studies, the health of both the mother and the infant have been considered. For infants, the impact of nutrition on vision, cognition, maturity, immunity, and growth make up the primary concerns. For pregnant women, glucose tolerance, pre-eclampsia, and maintenance of normal body function have been an area of focus.



Basic research has determined that these long-chain fatty acids are required components for both a developing fetus and mother. When consumed in adequate amounts, they optimize visual and neural function, as well as showing benefits for healthy birth weight, immunity, and growth. Pregnant women who consumed fish or other sources of omega 3 experienced a decreased risk of preterm delivery. These studies indicate significant benefits of adequate intake for both the developing fetus and the pregnant woman.

In the United States today, many people do not consume the adequate amount of fish and seafood to get the nutritional [omega 3 benefits](#) of these foods. In the 2002 National Health and Nutrition Examination Survey, researchers determined that only 19% of adults consume the recommended two servings of fish every week. Additionally, pregnant women tend to consume even less due to concerns about mercury levels in seafood.

To gain the benefits and decrease health risks, the American College of Obstetricians and Gynecologists recommend that women consume 12 ounces of seafood per week. Salmon and small varieties of fish are safe to consume with low levels of mercury. However, for women who may wish to avoid seafood, there are other ways to get the required intake of [omega 3 fatty acids](#). Plant-based omega-3 can be found in flaxseed oil, chia seeds, and walnuts.

Unfortunately, it is impossible for pregnant women to meet the dietary goal of 650mg per week through seafood and plant-based sources. To make up for the fatty acid deficit, pregnant women have two options. They may either take a fish oil supplement or an algae-derived DHA supplement. These supplements are available commercially from a variety of companies. Pregnant women should read individual labels to determine the adequate intake needed from fish oil supplements.

The medical community's knowledge of the role of fatty acids in maintaining a healthy pregnancy and delivery has expanded dramatically in the past 20 years. The benefits of maintaining adequate intake of these fatty acids has been demonstrated through multiple studies and pregnant women especially should ensure that they receive the recommended dose through eating fish or by taking omega 3 supplements.

You can order high quality omega 3 fish oil supplements on Amazon here: <http://www.amazon.com/Omega-3-Supplements-Quality-Health-Benefits/dp/B00G6TR2H8>

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