



Omega-3 has mega benefits

Fatty fish like salmon have high amounts of omega-3 fats. And these fats are so healthy that they can lower the risk of stroke.

The American Heart Association says these fats can also lower the risk of heart rhythm problems. They can also lower triglyceride levels.

Omega-3s can help prevent the clogging of arteries. Eating two servings of salmon each week can help you get enough omega-3s in your diet.