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2019-05-15

TIME magazine's "Loyola University Chicago" article by Brigitte Zeitlin discusses the impact of the Dietary Guidelines and the American Journal of Clinical Nutrition. The article highlights the importance of omega-3 fatty acids and their role in heart health. It also mentions the benefits of omega-3 for cognitive function and overall well-being. The article is a comprehensive overview of the current research on omega-3 and its health benefits.

### Omega-3

Omega-3 fatty acids are essential for heart health and overall well-being. They are found in various sources, including fish, flaxseeds, and walnuts. The article discusses the benefits of omega-3 for heart health, cognitive function, and overall well-being. It also mentions the importance of consuming omega-3 in a balanced diet.



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