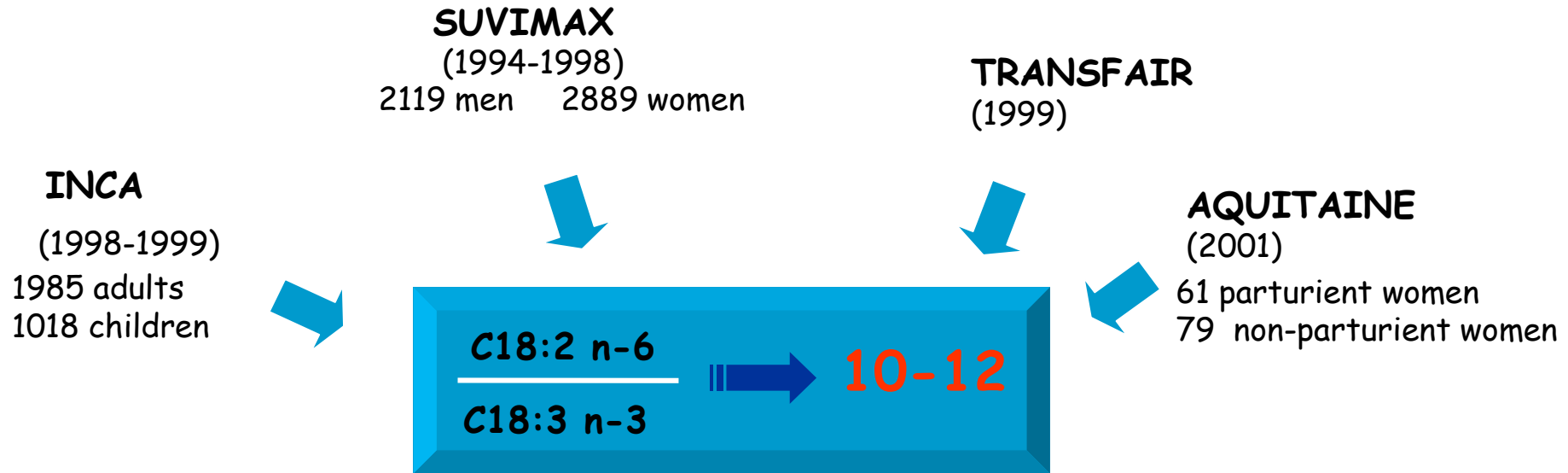


A question of balance...

- There is general agreement that n-3 fatty acids in the diet are beneficial
- The questions now are: how much and how often ?
- We are consuming too much n-6 and not enough n-3 fatty acids, resulting in an unhealthy balance.

The imbalance of $\omega 6 : \omega 3$



- 2003: the French health authorities published a report recommending that people should consume at least **two weekly portions of fish**, one of which being from an **oily species**.

