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## *Omega-6 fatty acids*

**Omega-6 fatty acids are among the polyunsaturated fatty acids that we consume through food. This makes them rather healthy fats – but their ratio to omega-3 fatty acids is also crucial.**

What do avocados, olive and sunflower oil and beef have in common? They all contain more or less large amounts of omega-6 fatty acids.

Omega 6 is found in numerous foods that are regularly on the menu in the Western world today – in vegetable oils, but also in meat, nuts and soy, among other things.

This is not a bad thing in itself: Omega-6 fatty acids are mainly found in animal products, industrially processed foods (ready-made food, canteen food) and unfavorable vegetable oils (sunflower oil, also olive oil, if too little fish is consumed). And they should be in a certain ratio to the omega-3 fatty acids in the body – and this ratio has shifted significantly in favor of omega 6 in recent decades.



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### **Why the ratio of omega 6 and omega 3 fatty acids is so important:**

Omega-6 fatty acids are vital for the survival of us humans. Omega 6's tasks include:

Blood coagulation

Blood pressure regulation

Lowering cholesterol levels

Growth and repair processes

Elasticity of cells

However, large amounts of omega 6 could increase the risk of cardiovascular disease.

In studies, for example, people with obesity often had greatly elevated omega-6 levels.

A ratio in favor of omega 6 may promote the formation of fat cells and weight gain.

Experts suspect that an unfavorable ratio of omega 6 to omega 3 increases the likelihood of suffering inflammation, such as hardening of the arteries.

**Conclusion:** Be sure to consume more omega-3 fatty acids (fish, rapeseed and linseed oil, flaxseed meal) and thus improve the balance between the fatty acids.

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