

Nutrition

Omega For Muscle

The omega-3 fatty acids, found in fish, and the omega-6's, found in safflower and corn oil, are known to be "good" fats. Not only are these fats beneficial for your health (they promote a lower incidence of heart disease, arthritis, and have anti-inflammatory properties), they may also help muscle protein accretion as shown by a study conducted in Japan in 1999. If you are looking for an anti-catabolic fat, omega-3's may work best. My suggestion is to eat omega-3 fatty acids in fish at least twice a week.