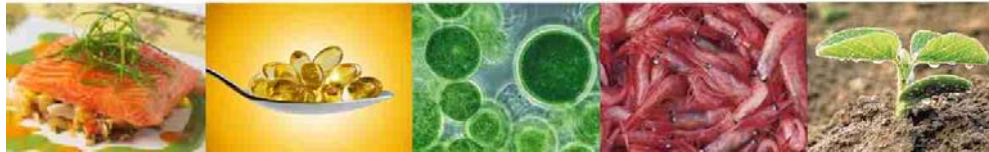


**GLOBAL SUMMIT ON NUTRITION,
HEALTH AND HUMAN BEHAVIOUR**

Sustainable LC-Omega-3 for a Better World



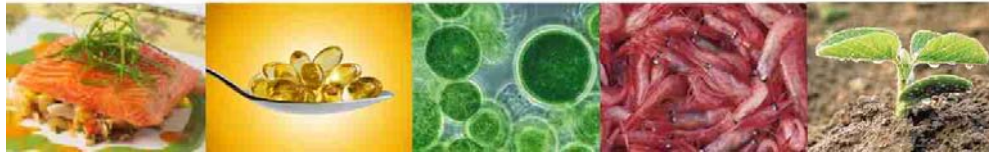
Consensus Statements (1) 4 March 2011

- **Brain and heart disorders resulting from LC-Omega-3 (EPA+DHA) deficiency are the biggest challenges to the future of humanity**
 - Associated costs are currently bankrupting health care systems and threatening wider economic instability worldwide.
- **Tissue concentrations of LC-Omega-3 (relative to LC-Omega-6) are the key variable for health – not dietary intakes.**
 - Biomarkers need to be standardised and used as public health targets
 - Omega-3 Index 8-11, Omega-3 in HUFA 50%+ would protect 98% of population

Contact: ignace.debruyne@omega3summit.org; <http://www.omega3summit.org>

**GLOBAL SUMMIT ON NUTRITION,
HEALTH AND HUMAN BEHAVIOUR**

Sustainable LC-Omega-3 for a Better World



Consensus Statements (2) 4 March 2011

- **Dietary intake of >1000mg LC-Omega-3 needed if consuming western-type diet** (but this depends on dietary % LA vs ALA, and ARA.)
 - Most people fall far short of these basic needs
- **Shorter-Chain Omega-3 (ALA, SDA and EPA) have poor conversion to DHA in humans**
- **To make tissue targets feasible, we urgently need to**
 - Reduce LA and increase ALA in human and animal diets
 - Increase the availability of LC-Omega-3 (especially DHA) for human consumption in a sustainable, environmentally responsible way
- **EDUCATION of all stakeholders is key to achieving these changes**

Contact: ignace.debruyne@omega3summit.org; <http://www.omega3summit.org>