

THE COACH'S PLAN

The Fatty Fish Plan

For anyone eyeing the fish oil aisle who wants the anti-inflammatory benefit without the guesswork.

2 to 3x

Per week

Servings of oily fish, about a palm each

EPA, DHA

The active fats

The omega-3s your body cannot make

\$0 extra

Beyond groceries

Canned sardines match premium salmon

Fatty fish is one of the few foods with real, repeatable anti-inflammatory evidence behind it, thanks to the omega-3 fats it carries. Eating the fish beats swallowing a fish oil capsule. For lowering inflammation, Harvard is blunt: a diet rich in omega-3s is the better bet.

What the evidence actually says

- 1 Salmon, sardines, mackerel, herring and anchovies carry the most EPA and DHA.
- 2 Your body cannot make these long-chain omega-3s, so you have to eat them.
- 3 Harvard finds no convincing evidence that fish oil capsules lower inflammation.
- 4 The benefit comes from the whole fish, not from omega-3s alone in a pill.
- 5 Two to three servings of oily fish a week covers most of the benefit.

Your 3-step plan

1 Step 1: Put Oily Fish on the Plate Twice a Week

Aim for two to three servings of salmon, sardines, mackerel, herring or tuna each week, roughly a palm-sized portion at a time. That single habit covers most of the anti-inflammatory benefit people are chasing when they buy fish oil in the first place.

2 Step 2: Reach for the Fillet Before the Bottle

Unless your doctor has prescribed a high-dose formula for high triglycerides, spend the money on fish, not supplements. Harvard finds no convincing evidence that capsules lower inflammation, and whole fish delivers the omega-3s alongside protein, vitamins and minerals a pill cannot.

3 Step 3: Let Canned and Frozen Do the Heavy Lifting

Cost and convenience are not real excuses. Canned sardines, tinned mackerel and frozen salmon carry the same EPA and DHA as fresh, keep for months, and cost little. Stock a few and a fish dinner is never more than a can opener away.

The safety line

This guide is educational and is not medical advice. If you take blood thinners, have a health condition, or are considering a high-dose fish oil supplement, talk to your provider before making changes.

Read the full article: <https://www.agelesscoach.com/articles/the-fish-that-fights-inflammation-better-than-supplements>

These statements have not been evaluated by the Food and Drug Administration. This guide is educational and is not medical advice, and is not intended to diagnose, treat, cure, or prevent any disease. Talk with your clinician before changing any supplement or medication.