A Correlation of Omega-3 Fatty Acids Intakes with Acculturation and Socioeconomic Status in Midwestern Latinas

162 first generation Latinas between 20 and 50 years old who were from Lincoln and Omaha were interviewed about what foods they ate, how much they ate and when they ate.

Only one fifth of Latinas received the recommended EPA+DHA intake levels.

Total fat exceeded ≥35% at least a total of one day for 60% of participants and saturated fat intake was at least ≥10% on at least one day for 76% of participants.

Higher acculturation in Latinas was positively correlated with intake of n-3 fatty acids.

N-3 fatty acids were not correlated with age.

As education increased so did EPA+DHA intake.

Conclusion: Raising nutrition knowledge among socioeconomically disadvantaged minorities is important to support better diets and improving health.

Lora, K. R., Lewis, N. M., Eakridge, K. M., Stanek-Krogstrand, K., & Trevnicak, D. A. Correlation of omega-3 fatty acids intakes with acculturation and socioeconomic status in midwestern Latinas