

# Dear Dietitian

Dear Dietitian,  
My father had heart disease, so I am careful about my diet. I eat right and exercise. I understand how important omega-3 fatty acids are for the heart, but I don't like salmon, and some of the other fish high in omega-3s are expensive. Do you have any recommendations?  
Thank you,  
Teresa  
Dear Teresa,

Trout, rainbow, wild	0.84
Shrimp	0.24
Salmon, Atlantic, farmed	1.83
Cod, Pacific	0.14
Oysters, eastern, wild	0.67
Tilapia	0.15
Tuna, light, canned in water	0.19

I commend you on being proactive in your healthy lifestyle. Salmon isn't one of my favorites, either. Various types of fish and seafood contain omega-s, though not as much as salmon. With today's inflation, fish and seafood are expensive, but you can shop around for lower prices.

There are three primary omega-3 fatty acids: EPA (eicosapentaenoic acid), DHA (docosahexaenoic acid), and ALA (alpha-linolenic acid). Most of the studies that link omega-3s to heart health are EPA and DHA. Small amounts of ALA (2-5%) can be converted to EPA and DHA. EPA and DHA are found in animal products, the highest amounts in fatty fish, such as salmon, trout, mackerel, and sardines. ALA is found in plant foods, like flax seeds, tofu, and plant oils, such as canola oil.

Omega-3s are being studied for their effect on several diseases, such as depression, macular degeneration, and autoimmune disorders. Still, the most compelling results have been found on their impact on preventing heart disease.

While there is no Recommended Daily Allowance (RDA) for omega-3s, many professional organizations have issued guidelines, but they vary widely. The lowest amount recommended is .25 grams per day. The American Heart Association recommends eating non-fried oily fish twice weekly to get your omega-3s (1). Another recommendation is to consume eight ounces of variable seafood each week. The following table presents the amount of omega-3s in fish and seafood (2).

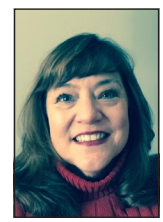
Food, 3 ounces, cooked	Grams Omega-3/serving
Herring, Atlantic	1.71

ALA is an essential nutrient, meaning our bodies need it for good health but cannot make it, so we must obtain it in our diet. Many plant foods are rich sources of ALA. There are creative ways to add these foods to your omega-3 profile. Chia seeds add a nice crunch to smoothies or oatmeal. Ground flax seeds bring added nutrients to your morning cereal or afternoon yogurt. Tofu is another rich source of ALA. Use it as your protein source in stir fry, or add it to your favorite fruit and make ice cream. Edamame has gained popularity in recent years. It makes a healthy snack; just roast it in the oven with a pinch of salt. It can also be added to salad as a protein source or served as a side dish. Bon appétit!

Until next time, be healthy!  
Dear Dietitian  
References

Fish and omega-3 fatty acids (23 March 2017) <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/fish-and-omega-3-fatty-acids>

Omega-3 fatty acids (1 October 2020) <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/fish-and-omega-3-fatty-acids>



Leanne McCrate, RDN, LD, is an award-winning dietitian based in St. Louis, Missouri. Her mission is to educate consumers on sound, scientifically-based nutrition. Do you have a nutrition question? Email her today at [deardiitian411@gmail.com](mailto:deardiitian411@gmail.com). Dear Dietitian does not endorse any products, health programs, or diet plans.

# GETTING TO KNOW PAUL



**Dawn Reed**  
To be honest, he really used to get on my nerves.

He seemed so bossy and harsh. Every word that proceeded out of his mouth was some kind of instruction, or rule, or bossy something.

I glossed over his writings, thinking it was probably important, but had no time to delve into all that. Occasionally, I chose a few of his more positive thoughts to ponder, but not a lot.

I pictured him with a pinched face and perpetual scowl.

And that's how I felt about the Apostle Paul when I was younger. I

was so dumb.  
Now, as I read the words God inspired him to write, my heart is greatly stirred. As I realize where and when he wrote them, I am oft moved to tears.

I wish I had been older first. I would have been so much wiser.

This week, reading Ephesians, the words leapt off the page. Paul is writing while under house arrest. (In my earlier days, I never paid attention to the background of Bible books.) I find from my Life Application Bible and other commentaries that Paul addressed the church at Ephesus, and believers everywhere. That's me, right here is eastern KY! If I choose to, I can take these priceless words into my heart and apply them to my daily life. Though written almost 2,000 years ago, they are as fresh as if written this very morning.

In Ephesians 4, Paul shared vital words for living a new life in Christ. This from the guy who had been beaten with rods three times, pelted with stones, shipwrecked, in danger all over, gone without sleep, been hungry and thirsty, and had been cold and naked, (2 Corinthians 11:25-27).

A few worth noting:  
Be completely humble and gentle; be patient, bearing with one another in love.

Do not sin in your anger.

Do not let any unwholesome talk come

out of your mouths, but only what is helpful for building others up.

Get rid of bitterness, rage, and anger.

Be kind and compassionate to one another, forgiving each other.

A few verses later, he wrote for us "to live a life of love." While he is imprisoned. Death is coming!

He used to make me nervous. He seemed so bossy, so intense. But now that I know him, my heart is overwhelmed with his story and his perseverance.

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## KENTUCKY LIVESTOCK AND GRAIN MARKET REPORT

**KENTUCKY DAILY GRAIN PRICES bids for next day**

Corn #2 Yellow - Louisville (7.12-7.35)	Pennyrile (7.33-7.43)
Soybeans #1 Y - Louisville (16.50)	Pennyrile (16.51-16.52)
Wheat #2 SRW - Louisville (NA)	Pennyrile (9.10-9.16)

**WEEKLY FEED INGREDIENT WHOLESALE PRICES, \$ PER TON Owensboro, KY**

Soybean Meal 48% .....	517.10
Soybean Hulls .....	220.00

**AUCTION**

	This Week	Last Reported 3/9/2022	Last Year
Total Receipts:	797	789	898
Feeder Cattle:	656(82.3%)	704(89.2%)	877(97.7%)
Slaughter Cattle:	91(11.4%)	85(10.8%)	18(2.0%)
Replacement Cattle:	50(6.3%)	0(0.0%)	3(0.3%)

Special Note: Corrected the price unit for cow-calf pairs. (per head to per family)  
Compared to last week: Feeder steers and heifers sold 3.00 to 4.00 higher with good demand. Slaughter cows and bulls 3.00 to 5.00 higher. Supply included: 82% Feeder Cattle (33% Steers, 1% Dairy Steers, 50% Heifers, 16% Bulls); 11% Slaughter Cattle (84% Cows, 16% Bulls); 6% Replacement Cattle (92% Bred Cows, 8% Cow-Calf Pairs). Feeder cattle supply over 600 lbs was 45%.

Groups of 20hd or more:  
Steers: 68hd 690lbs 153.75 blk/charx Heifers: 82hd 668lbs 145.25 blk/bwf

**FEEDER CATTLE**

Head	Wt Range	Avg Wt	Price Range	Avg Price
10	367-375	371	189.00-195.00	191.97
4	410-425	421	193.00-195.00	194.51
7	400-445	439	199.50-200.00	199.57
3	457-495	470	186.00	186.00
12	512-540	522	185.50-191.00	187.12
16	522-525	523	190.00-194.00	193.00
2	560-570	565	170.00-176.00	173.03
5	593	593	181.00	181.00
7	605-623	615	159.00-170.50	164.13
9	623-640	634	152.00-169.00	157.57
71	670-690	689	153.75-156.00	153.84
10	715-730	724	145.00-152.00	149.23
6	755-781	770	137.00-146.00	140.98
4	750	750	150.00	150.00
1	825	825	125.50	125.50
5	863-885	872	122.00-130.00	126.75
1	925	925	127.00	127.00

**SLAUGHTER CATTLE**

6	420-445	433	160.00-178.00	169.29
13	457-490	470	160.00-183.00	172.46
25	500-540	516	150.00-176.00	164.10
13	560-590	581	149.00-167.00	152.08
2	605-635	620	144.00-145.00	144.49
3	656	656	133.50	133.50
3	700-715	710	124.00-140.00	129.26

**DAIRY STEERS - Large 3 (Per Cwt / Actual Wt)**

Head	Wt Range	Avg Wt	Price Range	Avg Price
6	245	245	116.00	116.00

**COWS - Breaker 75-80% (Per Cwt / Actual Wt)**

Head	Wt Range	Avg Wt	Price Range	Avg Price
8	1105-1610	1425	74.00-81.50	78.72
10	1110-1800	1481	82.00-90.00	85.84

**COWS - Boner 80-85% (Per Cwt / Actual Wt)**

Head	Wt Range	Avg Wt	Price Range	Avg Price
8	1010-1390	1162	69.00-79.00	73.66
19	1005-1565	1199	79.00-94.00	83.34

**COWS - Lean 85-90% (Per Cwt / Actual Wt)**

Head	Wt Range	Avg Wt	Price Range	Avg Price
3	910-1150	1060	71.00-75.00	72.45
3	940-1065	998	40.00-45.00	41.65

**HEIFERS - Medium and Large 1-2 (Per Cwt / Actual Wt)**

Head	Wt Range	Avg Wt	Price Range	Avg Price
5	270-285	282	170.00-172.00	171.62
12	310-345	328	155.00-177.00	169.75
4	350-351	351	170.00-170.50	170.38
19	400-430	412	162.00-179.50	175.18
4	402	402	178.00	178.00
23	450-480	473	156.00-174.00	167.90
15	454-477	467	175.00-177.00	176.18
22	505-533	523	153.00-169.00	159.92
3	510	510	169.00	169.00
6	575-590	580	136.00-148.00	143.18
35	552-590	565	147.00-160.00	155.44
8	607-647	626	129.00-140.00	133.80
12	650-691	670	122.00-137.00	134.81
82	668	668	145.25	145.25
2	735	735	130.00	130.00
10	727-733	731	131.00-132.00	131.60
4	755-768	765	116.00-118.50	117.88

**BULLS - 1-2 (Per Cwt / Actual Wt)**

Head	Wt Range	Avg Wt	Price Range	Avg Price
9	1545-2270	1918	113.00-122.00	117.79
1	1255	1255	93.00	93.00

**REPLACEMENT CATTLE**

Age	Stage	Head	Wt Range	Avg Wt	Price Range
2-8	T2	27	1000-1600	1184	925.00-1290.00
2-8	T3	8	1340-1567	1475	1225.00-1275.00
>8	T2	1	1200	1200	875.00

**COW-CALF PAIRS - Medium and Large 1-2 w/ 150-300 lbs calf (Per Family /)**

Age	Stage	Head	Wt Range	Avg Wt	Price Range
2-8	O	3	1100	1100	1350.00



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