

# Dear Dietitian

Dear Dietitian,  
I enjoyed your column last week on omega-3 fatty acids. We don't hear as much about omega-6 fatty acids. Are they healthy? Also, I read that grass-fed beef is better for us than grain-fed beef because it has more omega-3 fats. Is that true?

up. A meta-analysis of six randomized trials found that replacing saturated fat with omega-6-fats reduced heart attack and stroke by 24%. Another study revealed that replacing saturated fats with polyunsaturated fats reduced heart disease rates more than replacing them with mono-unsaturated fats or carbohydrates (1).

Thank you,  
Thomas

While we are used to associating omega-3s with fish, beef also contains some of the healthy fat. Grass-fed beef contains more omega-3s than grain-fed. Estimates vary, with some claiming grass-fed beef has two to three times more omega-3s than its counterpart. Both pale in comparison to the amount of omega-3s in salmon, which contains 10-20 times more than either type of beef. That said, any lean cut of beef is nutritious, high in protein, iron, zinc, and vitamins B3, B6, and B12.

Omega-3 fatty acids have indeed enjoyed much of the spotlight when it comes to heart health. How does its cousin, the omega-6-fatty acid, compare? Both are polyunsaturated fats. Omega-3s are found abundantly in walnuts, flax seeds, chia seeds, and fatty fish, such as salmon, mackerel, sardines, and trout. Omega-6s are found in plant oils like corn, safflower, and soybean oils.

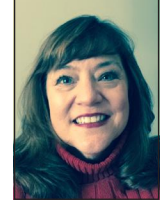
Two essential fatty acids are needed for good health: linoleic (an omega-3 fatty acid) and alpha-linolenic (an omega-6 fatty acid). They are essential because our bodies cannot make them; therefore, they must be obtained in the diet. Linoleic is needed for our largest organ, the skin. It prevents water from entering the first layer of skin, the epidermis, thereby preventing our bodies from being overloaded with fluid. Alpha-linolenic acid is essential in brain development and function. It is also converted to EPA and DHA, which have anti-inflammatory effects.

Finally, there is no evidence that grass-fed beef is better than grain-fed in the context of a balanced diet. Another fact to consider is its cost, as grass-fed beef is about 50% more expensive than conventional beef.

Until next time, be healthy!

Dear Dietitian  
Reference

No need to avoid healthy omega-6 fats (August 20, 2019). [https://www.health.harvard.edu/newsletter\\_article/no-need-to-avoid-healthy-omega-6-fats](https://www.health.harvard.edu/newsletter_article/no-need-to-avoid-healthy-omega-6-fats)



Leanne McCrate, RDN, LD, aka Dear Dietitian, is an award-winning dietitian based in St. Louis, Missouri. Her mission is to educate consumers on sound-scientific-based nutrition. Do you have a nutrition question? Email her today at [deardietitian411@gmail.com](mailto:deardietitian411@gmail.com). Dear Dietitian does not endorse any products, health programs, or diet plans.

At one time, it was believed that Omega-6s should be limited because linolenic acid is converted to arachidonic acid, an inflammatory substance that may contribute to chronic diseases. More research discovered that only minimal amounts of linolenic acid are converted to arachidonic acid. Furthermore, omega-6s have a protective effect on the heart. Many studies revealed that rates of heart disease went down as consumption of omega-6-fats went



## ASK Dr. Angelia It's Spring and Time to Purge

I did it! Yesterday I purged 4 large trash bags of clothes from my closet. Why? Anyone who knows me, knows 2 things 1) I love clothes and 2) I have too many clothes. I inherited that from my mother; she loved to dress well – so it's in the genes. This task challenged me and was not easy, but so worth it.

The Marie Kondo method works for me where you simply look at the item, if you no longer love it, it must go for someone else to enjoy. This process started with a conversation with Melissa Estep, Director of the Sky Hope Recovery Center, I told her I wanted to donate clothes to the women's center. She shared she had created 2 clothes centers for the women. One center for the women just starting the recovery process

and a second for the women getting ready to leave and start work. She told me my clothes would definitely go the second center. That did it; suddenly, I was on a mission!

My first rule is: If I haven't worn it, it was time to go. There are reasons why we don't wear certain clothes, such as: 1) a bad purchase - something you didn't use, 2) hope for a change in your lifestyle or body type or 3) Fear you'll get rid of something you'll need someday - promise, you won't.

When you look in your closet, do you see stuff you don't wear? If you are still reading this, then you probably do. Chances are you still have those clothes due to one of the three reasons listed above. We need to get your mind right

so you can start decluttering your closet. Look at the items you have bought that you have never worn or have worn once. Have you thought about why you still have them? We carry enormous guilt for the mistakes we make, especially with money.

I feel free now that I have purged and I know whoever gets the clothing will appreciate the gift. I am filled with gratitude to be able to give things to a very deserving women at Sky Hope Treatment

Center in Somerset.  
Remember my friends and readers, embrace Luke 12:15, "Then he said to them, "Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions." Love God and All People,  
Amen.

Dr. Angelia S. Bryant, Professional Counselor and Educator  
[angelia.s.bryant@gmail.com](mailto:angelia.s.bryant@gmail.com)  
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**KENTUCKY LIVESTOCK AND GRAIN MARKET REPORT**

KENTUCKY DAILY GRAIN PRICES bids for next day		WEEKLY FEED INGREDIENT bids for next day	
Corn #2 Yellow - Louisville (7.12-7.35)	Pennyrile (7.33-7.43)	WHOLESALE PRICES, \$ PER TON	
Soybeans #1 Y - Louisville (16.50)	Pennyrile (16.51-16.52)	Owensboro, KY	
Wheat #2 SRW - Louisville (NA)	Pennyrile (9.10-9.16)	Soybean Meal 48% .....517.10	
		Soybean Hulls .....220.00	

**AUCTION**

	This Week	Last Reported 3/16/2022	Last Year
Total Receipts:	795	797	627
Feeder Cattle:	742(93.3%)	656(82.3%)	525(83.7%)
Slaughter Cattle:	53(6.7%)	91(11.4%)	71(11.3%)
Replacement Cattle:	0(0.0%)	50(6.3%)	31(4.9%)

Compared to last week: Feeder steer and heifer calves sold steady. Slaughter cows and bulls firm. Supply included: 93% Feeder Cattle (48% Steers, 38% Heifers, 14% Bulls); 7% Slaughter Cattle (85% Cows, 15% Bulls). Feeder cattle supply over 600 lbs was 61%.  
Groups of 20hd or more:  
Steers: 68hd 793 lbs 150.35 blk  
66hd 844 lbs 146.10 blk  
67hd 856 lbs 145.85 blk  
Heifers: 76hd 695 lbs 139.75 blk  
68hd 783 lbs 133.50 blk/charx

**FEEDER CATTLE**

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

Head	Wt Range	Avg Wt	Price Range	Avg Price
12	335-345	340	210.00-220.00	214.93
11	360-395	376	195.00-203.00	198.82
34	405-437	422	189.00-215.00	204.13
11	465	465	195.00-200.00	197.27
15	505-540	521	185.00-190.00	187.28
8	565	565	200.00	200.00
10	605-615	610	170.00-176.00	173.02
16	688-698	694	151.00-159.00	153.97
6	755	755	138.00	138.00
68	793	793	150.35	150.35
66	844	844	146.10	146.10
67	856	856	145.85	145.85

**SLAUGHTER CATTLE**

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

Head	Wt Range	Avg Wt	Price Range	Avg Price
4	1460-1730	1528	82.00-83.00	82.28
3	1405-1660	1575	85.00-86.00	85.70

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

Head	Wt Range	Avg Wt	Price Range	Avg Price
10	955-1470	1213	71.00-80.00	75.37
3	1230-1500	1342	80.00-100.00	89.47
1	1155	1155	66.00	66.00

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

Head	Wt Range	Avg Wt	Price Range	Avg Price
12	925-1185	1008	58.00-69.00	65.74
2	940-1050	995	40.00-45.00	42.64

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

Head	Wt Range	Avg Wt	Price Range	Avg Price
12	331-335	333	170.00-180.00	175.03
20	350-387	368	164.00-176.00	169.40
20	401-435	417	167.00-172.00	169.06
6	465	465	161.00	161.00
8	480	480	171.00	171.00
10	510-530	520	155.00-159.00	156.96
11	513-543	529	159.00-167.00	162.52
6	550	550	160.00	160.00
5	600	600	142.00	142.00
9	651	651	135.00	135.00
76	695	695	139.75	139.75
5	757	757	119.00	119.00
68	783	783	133.50	133.50

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

Head	Wt Range	Avg Wt	Price Range	Avg Price
5	235	235	200.00	200.00
13	350-388	367	180.00-190.00	183.70
18	402-433	416	170.00-205.00	183.31
11	460-480	469	182.00-189.00	185.26
5	530	530	151.00	151.00
22	560-595	574	159.00-163.00	161.61
11	610-640	626	150.00-155.00	152.21
5	745	745	129.00	129.00
5	750	750	131.00	131.00



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