
VITAMINE E
EPA/DHA
ALA
TOUT SAVOIR SUR LE SAUMON ET LES OMÉGA-3
NATURACOACH

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Quel intérêt de manger du saumon dans l'absolu ?

Une bonne source de:
- Oméga-3
- Protéines
- Phosphore
- Vitamines B1, B3, B6, B12
- Vitamine D (un peu)

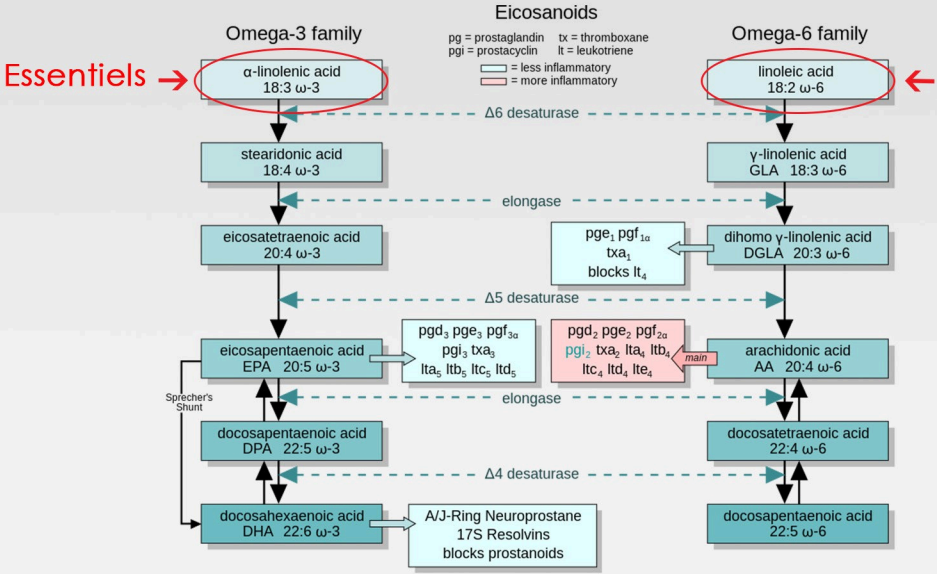
Les différents acides gras

→ Saturés : viandes, produits laitiers, huile de palme, huile de coco...

→ Monoinsaturés : huile d'olive, avocat, amande, noisette, noix de macadamia...

→ Polyinsaturés : oméga-3 + oméga-6

→ Trans : huiles partiellement hydrogénées (fritures)


Eicosanoids
pg = prostaglandin tx = thromboxane
pgi = prostacyclin lt = leukotriene
= less inflammatory
= more inflammatory
Omega-3 family
Omega-6 family
Essentiels
α-linolenic acid
18:3 ω-3
linoleic acid
18:2 ω-6
Δ6 desaturase
stearidonic acid
18:4 ω-3
γ-linolenic acid
GLA 18:3 ω-6
elongase
eicosatetraenoic acid
20:4 ω-3
pge1 pgf1α
txa1
blocks lt4
dihomo γ-linolenic acid
DGLA 20:3 ω-6
Δ5 desaturase
eicosapentaenoic acid
EPA 20:5 ω-3
pgd3 pge3 pgf3α
pgi3 txa3
lta5 ltb5 ltc5 ltd5
pgd2 pge2 pgf2α
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Δ4 desaturase
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A/J-Ring Neuroprostane
17S Resolvins
blocks prostanoids
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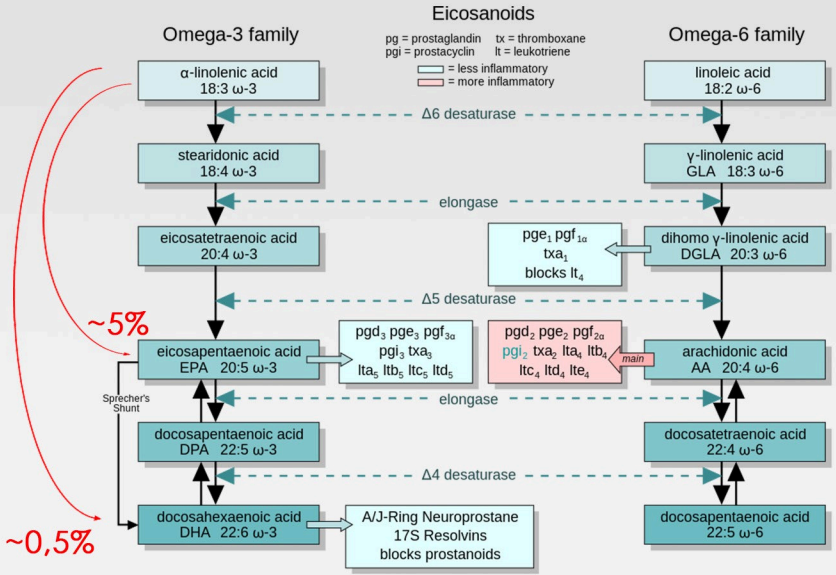
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L'explosion de la consommation d'oméga-6

→ Huiles de tournesol, de maïs, de soja, margarines...

→ Céréales

→ Viandes et produits laitiers d'animaux nourris au maïs et au soja VS. ceux élevés en pâturages

Pourquoi les oméga-3 sont indispensables pour votre santé ?

- → Rentrent dans la composition des membranes des cellules de votre corps, ce qui joue sur leur fluidité et l'activité de certaines enzymes
- → Influent sur l'expression de certains gènes, notamment ceux liés à l'inflammation
- → Permettent de baisser la mortalité cardiovasculaire
- → Des taux sanguins faibles d'EPA et de DHA sont liés certains troubles et maladies : trouble bipolaire, déclin cognitif, maladie d'Alzheimer...

L'importance des oméga-3 pour le cerveau

- +60% de la matière sèche du cerveau est composée de lipides, dont une part importante de DHA
- 25% du cholestérol du corps est situé dans le cerveau
- Historiquement, un rôle clé du DHA dans l'augmentation de la taille de notre cerveau

Un rôle fondamental pour le cerveau du bébé

- → DHA, ALA et Acide Arachidonique (autre oméga-6) sont les acides gras les plus présents dans le plasma du cordon ombilical
- → Meilleur développement cognitif chez les enfants dont la mère a consommé + de 340g de poisson par semaine
- → Problème : 99% des laits infantiles ne sont pas enrichis en DHA
- → Important pour le développement visuel

Les problèmes de l'élevage industriel

→ Concentration énorme qui favorise le développement des parasites (poux de mer)

→ Des fonds marins détruits par l'accumulation de pesticides, de déjections et de restes de nourriture

Les poux de mer : l'ennemi du saumon

- → Utilisation du diflubenzuron, un pesticide cancérigène aspergé directement dans les fermes aquacoles
- → Les toxines se stockent dans les graisses
- → Un cercle infernal avec l'augmentation des doses ou des produits plus agressifs

Alimentation des saumons d'élevage : des croquettes polluées

- → Fabriquées à partir de farines de poissons de pêche, dont certains pêchés en mer Baltique, l'une des mers les plus polluées au monde
- → Utilisation d'un pesticide, l'éthoxyquine, en tant que conservateur, qui pourrait atteindre le cerveau et est un cancérigène probable, et qui se retrouve ensuite dans les graisses des saumons

La pollution au mercure

- → Un métal très toxique
- → Origines : éruptions volcaniques et activité humaine (centrales à charbon, production de pétrole...)
- → Pollution des mers, des océans et des sols

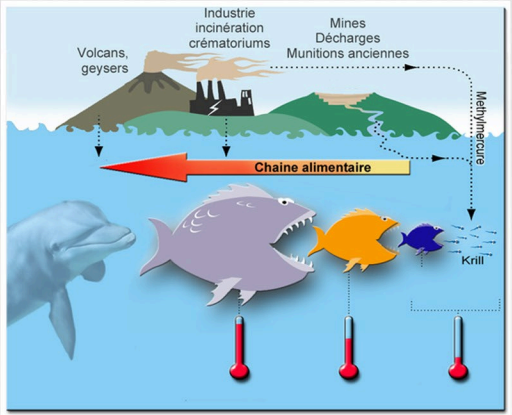
Le sélénium : l'élément essentiel pour se protéger du mercure

→ Le mercure est toxique pour le cerveau car il se lie au sélénium et inhibe certains enzymes dépendant de ce dernier, les sélénoenzymes, qui protègent les cerveau des dommages oxydatifs.

→ Le plus important est donc d'avoir un ratio postif sélénium/mercure, ce qui est le cas dans les petits poissons gras. Les poissons d'eau douces sont en général pauvres en sélénium.

→ On peut renforcer ses apports en sélénium en mangeant 1 à 2 noix du Brésil par jour ou tous les 2 jours.

L'accumulation dans la chaîne alimentaire



- → Les + pollués : les gros poissons prédateurs (thon, espadon...)
- → Saumon (sauvage et d'élevage) : dans la fourchette basse en général
- → Le - pollués : les petits poissons (sardines, anchois, maquereaux...)

Mise en pratique : réduire les oméga-6

→ Eliminer les huiles les plus riches en oméga-6 : tournesol,maïs, soja, pépins de raisin, carthame...

→ Utiliser modérément les huiles ayant un bon ratio oméga-6/3 mais une quantité absolue d'oméga-6 élevée : colza, noix...

→ Eliminer toutes les margarines

→ Privilégier les animaux nourris en pâturages

→ Réduire sa consommation de céréales

→ Consommer régulièrement mais modérément des oléagineux, en variant pour optimiser les apports

Optimiser ses apports en EPA et DHA

- Manger entre 300 et 500 g de poissons gras par semaine, suivant son gabarit et la réduction des oméga-6, soit entre 2 et 4 fois par semaine
- Privilégier avant tout les petits poissons : sardines, anchois, maquereaux, harengs...
- Le saumon est une option possible mais en variant avec les autres espèces
- Préférer le saumon bio d'Irlande et/ou le Saumon argenté du Pacifique
- Ne pas consommer trop de saumon fumé

Et les compléments d'oméga-3 à base d'huiles de poisson ?

- → Pas équivalent au fait de manger du poisson, ce dernier contient aussi des protéines, du sélénium, des vitamines, de l'iode, etc. : toujours manger de vrais aliments en priorité
- → Attention à l'excès d'EPA qui va bloquer l'action de l'acide arachidonique, un oméga-6 très important
- → Les compléments peuvent avoir tout de même un intérêt pour les personnes incapables de manger du poisson ou pour celles souffrant de problèmes inflammatoires ou de certains troubles mentaux
- → Attention aux personnes prenant un traitement anticoagulant

Végétariens / végétaliens : augmenter les apports en ALA

→ Source de base : les graines de lin, moulues de préférence pour mieux les digérer - environ 1 c à s / jour

→ Huile de lin : attention à l'oxydation

→ Attention à l'abus des graines de lin : contiennent des phytoestrogènes (plus que le soja) qui peuvent poser des problèmes chez les femmes avec une dominance oestrogénique

→ Augmenter ses apports en vitamine E pour se protéger de l'oxydation de l'ALA : noisette, avocat, épinard...

→ Varier son assiette avec les sources secondaires : noix, graines de chia, graines de chanvre, mâche, roquette, pourpier...

Végétariens / végétaliens : optimiser la conversion en EPA/DHA

→ Les nutriments importants pour une bonne conversion : zinc, vitamine B3, vitamine B6, vitamine C, magnésium

→ Surveiller surtout l'apport en zinc : celui dans les végétaux est assez mal absorbé, les meilleures sources étant les fruits de mer

→ Ne pas faire un excès d'ALA qui va diminuer la conversion des oméga-6 (Acide linoléique en Acide arachidonique)

→ Acide arachidonique : une carence peut entraîner des problèmes de peau sèche ou qui gratte, de cheveux secs, de pellicules, d'infertilité ou favoriser la dépression, la schizophrénie, le syndrome bipolaire...

Le DHA à base de microalgues

- En quantité trop faible dans les grosses algues fraîches (à consommer tout de même pour l'apport en iode)
- Fabrication d'huile à partir de certaines espèces de microalgues contenant du DHA et un peu d'EPA
- Un réel intérêt chez les femmes enceintes et allaitantes (surtout pour les végétariennes) pour soutenir le développement du cerveau du bébé (ou pour les autres végés voulant optimiser leurs apports)

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