



Why Eat SARDINES?

REAL FOOD. REAL NUTRITION. REAL DIFFERENCE.



⚠ MOST PEOPLE ARE LOW IN OMEGA-3s — AND DON'T KNOW IT.



Modern diets are high in omega-6, low in omega-3.



This imbalance affects inflammation, brain health, mood & heart.



Sardines are one of the easiest and most affordable real-food fixes.

THE OMEGA-3 ADVANTAGE

- SUPPORTS BRAIN FUNCTION & FOCUS**
Essential for memory, learning, and clarity.
- PROTECTS HEART HEALTH**
Supports healthy blood flow and heart function.
- HELPS REDUCE INFLAMMATION**
May ease joint pain, swelling, and tension.
- ESSENTIAL FAT YOUR BODY NEEDS**
Omega-3s are vital for every cell in your body.

YOUR BODY NEEDS THIS— BUT CAN'T MAKE IT. You have to get it from food.

ANATOMY OF A SARDINE

EAT THE WHOLE FISH = GET THE WHOLE BENEFIT

- SKIN & SCALES**
What it is: Thin, edible layer rich in nutrients.
What it does: Provides extra omega-3s and protects the body.
Why it matters: Nutrient-rich and supports heart health.
- MEAT**
What it is: The tender, flavorful flesh.
What it does: High-quality protein to build and repair your body.
Why it matters: Supports muscles, energy, hormones, and overall health.
- BONES**
What it is: Soft, edible bones.
What it does: Provides calcium, phosphorus and magnesium.
Why it matters: Builds and maintains strong bones & teeth.
- HEALTHY OIL**
What it is: Natural oils from the fish.
What it does: Contains omega-3s and helps your body absorb nutrients.
Why it matters: Don't drain it—it's liquid gold!
- ORGANS**
What it is: The nutrient-dense internal organs.
What it does: Packed with vitamins A, D, B12, iron, and CoQ10.
Why it matters: Nourishes your body at the cellular level.

SMALL FISH. MASSIVE NUTRITION.

REAL FOOD vs SUPPLEMENTS

NATURE PACKAGES NUTRIENTS BETTER THAN ANY PILL.

SARDINES (REAL FOOD)	FISH OIL / MULTIVITAMIN (SUPPLEMENTS)
<ul style="list-style-type: none"> ✓ Omega-3s (EPA + DHA) ✓ Protein ✓ Calcium (from bones) ✓ Vitamin D ✓ B12, Selenium, Iron ✓ Healthy fats for absorption 	<ul style="list-style-type: none"> ✗ Isolated nutrients ✗ Often lower absorption ✗ Missing co-factors ✗ Easy to over or under dose
<ul style="list-style-type: none"> ✓ Works together naturally ✓ Your body recognizes it 	<p>Not the full package</p>

REAL FOOD. REAL RESULTS. Feed your body, not just a number on a label.

WHY SARDINES ARE A POWERHOUSE FOR YOUR DIET

NUTRIENT DENSITY MIC DROP

- ✓ More omega-3 per ounce than most fish
- ✓ One of the most nutrient-dense foods on earth
- ✓ Affordable, shelf-stable, ready to eat

HIGH IMPACT. LOW EFFORT.

REAL BENEFITS FOR REAL LIFE

- BETTER FOCUS FOR LEARNING**
Omega-3s support brain development, memory & attention.
- SUPPORTS GROWING HEARTS**
Omega-3s support healthy blood flow and circulation.
- BUILDS STRONG BONES**
Natural calcium from the bones is easy for your body to absorb.
- STEADY ENERGY**
All-day energy from protein + healthy fats—no crashes.

GOOD FOOD TODAY = STRONGER BODIES TOMORROW

THE OMEGA-3 GAP (THE PROBLEM)

THE AVERAGE DIET TODAY TOO MUCH OMEGA-6 NOT ENOUGH OMEGA-3

SARDINES HELP BALANCE THE SCALE

Just 1-2 servings per week can help bring your body back into balance.

A SMALL HABIT. A HUGE DIFFERENCE.

This imbalance can lead to:

- ✗ Chronic inflammation
- ✗ Brain fog & poor mood
- ✗ Heart & metabolic problems
- ✗ Weaker immunity

HOW SARDINES GET FROM OCEAN TO CAN

- WILD CAUGHT**
Caught in clean, responsible fisheries.
- CLEANED & PREPARED**
Sardines are cleaned, beheaded, and gutted.
- COOKED & CANNED**
Packed in olive oil, water, or sauce and sealed for freshness.
- NUTRITION PRESERVED**
The can locks in nutrients, flavor, and freshness for years!

PROCESSED FOODS vs SARDINES

<ul style="list-style-type: none"> ✗ Quick energy ✗ Nutrient poor ✗ Can increase inflammation ✗ Leaves you feeling tired and hungry 	<ul style="list-style-type: none"> ✓ Long-lasting fuel ✓ Nutrient rich ✓ Supports your brain, heart, bones & more ✓ Helps you feel full and satisfied
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DON'T JUST EAT— NOURISH.

EASY WAYS TO ENJOY SARDINES

- ✓ On whole grain toast with avocado & lemon
- ✓ In salads, pasta, or grain bowls
- ✓ Mashed with herbs on crackers
- ✓ In wraps or on rice.
- ✓ Straight from the can!

Simple. Delicious. Nourishing. Real food made easy.

IF YOU COULD EAT ONE SIMPLE FOOD TO SUPPORT YOUR BRAIN, HEART, AND BODY... THIS MIGHT BE IT. Feed your family well. Live well. Pass it on. BLESSEDHOMESCHOOLDAD.COM