

The #1 Supplement Every Responsible Parent Should Be Giving Their Child

By Robert Ferguson

If you're a **parent, grandparent, guardian, educator, or simply someone who cares deeply about the health and future of our children**, this message is for you.

In my work as a nutritionist, I've spent years researching the role of omega-6 and omega-3 fatty acids in human health. While most of the conversations around these fats focus on adults—brain health, inflammation, heart disease—it's become increasingly clear that the real crisis is happening in our **children**.

In the 1950s, the average child consumed an omega-6 to omega-3 ratio close to **3:1**, which is remarkably balanced by today's standards. Fast forward to now, and that ratio has skyrocketed to **20:1 or higher**. That means most kids today are **drowning in inflammatory omega-6 fats** and **starving for brain-nourishing omega-3s**.

Why does this matter? Because these fats play a foundational role in brain development, emotional regulation, immune health, and inflammation control. And when that balance is off—especially over years—it doesn't just affect a child's focus or behavior. It can lead to **lifelong struggles** with chronic disease, poor mental health, and metabolic dysfunction.

This article may be a little **alarming**, and I say that intentionally—because most people aren't even thinking about their **own** omega-6 to omega-3 ratios, let alone their kids'. Let's face it: **as important as this is, most doctors aren't testing for it, and they're not talking about it**. And that silence is part of the problem.

Years ago, former U.S. Secretary of Health and Human Services **Tommy Thompson** warned, *"The children born today will not live to the age of their parents."* That's not a scare tactic—it's a reflection of the reality we're creating with today's nutrition patterns and lifestyle norms. And if we want to change the trajectory, we have to start with what's fueling our children at the cellular level.

We're seeing an alarming rise in **ADHD (Attention Deficit Hyperactivity Disorder), autism spectrum disorders, anxiety, depression, learning delays, childhood obesity**, and early-onset chronic illness. These aren't just random developments. The science is clear: a child's omega-6 to omega-3 balance influences how their body and brain function now—and how they will function for the rest of their life.

This is why I believe the **#1 supplement every responsible adult should be giving to the child in their life** is one that restores this vital balance. Because when we give our children what their brains and bodies are truly missing, **we don't just improve their health today—we protect their future**.

Why This Ratio Matters for Kids

Omega-6 and omega-3 are both essential fats—we need them. But they need to be in the right **ratio**. Ideally, humans thrive on a balance close to **1:1**. Today, the average child in North America is consuming a ratio closer to **20:1**, heavily skewed toward omega-6. This creates a pro-inflammatory environment in the body that affects everything from brain function to immune response [1].

For children, this imbalance is especially concerning because the **brain is still developing**. Omega-3s—especially DHA and EPA—are critical for cognitive development, focus, emotional regulation, and mood [4]. When children don't get enough, or when the omega-6s crowd them out, we see signs: trouble concentrating, meltdowns, sensory issues, sleep disturbances, and low resilience to stress.

And the research backs this up. Numerous studies now link **low omega-3 levels and high omega-6 dominance** to a higher risk of neurodevelopmental disorders, behavioral challenges, and even poor academic performance [2, 3].

The Long-Term Impact of Growing Up Out of Balance

Here's what most people aren't talking about: when a child grows up chronically out of balance—year after year—it can quietly set the stage for **serious health issues later in life**.

Chronic inflammation, driven by an omega-6 dominant diet, doesn't just affect mood or focus in the short term. It increases the risk of:

- **Insulin resistance and early-onset type 2 diabetes**
- **Metabolic syndrome**
- **High blood pressure and cardiovascular problems in adolescence**
- **Non-alcoholic fatty liver disease**
- **Hormonal imbalances and early puberty**
- **Joint pain and autoimmune risk**
- **Persistent mental health issues, including anxiety and depression**
- **Lower resilience to stress and poor emotional regulation into adulthood**

When you consider that **93% of adults in the U.S. are living with some level of metabolic dysfunction**, it becomes clear that many of these problems are **set in motion during childhood**—and the imbalance of omega-6 to omega-3 is a critical, correctable part of the equation [1].

What's Driving the Imbalance?

It's not that parents are doing anything wrong—it's that our entire **food system has changed**.

We're feeding kids diets heavy in ultra-processed foods made with seed oils like soybean, corn, and sunflower oil. These oils are high in omega-6 and found in everything from crackers and granola bars to frozen foods and salad dressings.

Meanwhile, omega-3-rich foods like wild-caught salmon, sardines, grass-fed butter and beef, walnuts, and flaxseeds are barely present in most children's diets. Even traditional sources of omega-3s—like eggs and chicken—contain far less than they did 50 years ago because animals are no longer fed their natural diets [3].

The result? Children today are growing up in a state of **chronic low-grade inflammation** before they even hit puberty.

How Do We Turn This Around?

I believe every parent deserves to know their child's **omega-6 to omega-3 ratio**—just like you'd want to know their vitamin D level or hemoglobin A1C. There are simple, at-home blood spot tests that can give you this insight. Ideally, a child's ratio should be **under 5:1**—with 3:1 being optimal for brain and immune function [1].

From there, we can take action:

- **Reduce omega-6 intake** by limiting processed foods and snacks made with vegetable oils. Swap out corn or canola oil for extra virgin olive oil or extra virgin avocado oil.
- **Increase omega-3 intake** through food—if your child will eat fatty fish, that's fantastic. Add ground flax or chia to smoothies or oatmeal. Walnuts make a great snack.
- **Use a high-quality omega-3 supplement**, ideally BalanceOil+ that I endorse because it includes **polyphenols** to protect the omega-3s from oxidation and enhance absorption. Most children and adults simply cannot get enough omega-3 from food alone—not in today's environment.

I work with parents every week who notice dramatic shifts in their children's focus, mood, sleep, and overall well-being within just a few weeks of correcting this ratio. One mom told me her son's teachers asked what she had changed—he was more focused, less reactive, and finally enjoying learning again. The answer? She added **BalanceOil+** - a quality omega-3 with polyphenols and made some simple dietary swaps.

A Word to Parents, Grandparents, and Guardians

If you're reading this and feeling frustrated—or even guilty—for not knowing this sooner, **please give yourself grace**. You're not alone. Most people, including many doctors, haven't been taught to think about omega-6 to omega-3 ratios. This isn't about blame—it's about **empowerment moving forward**.

The fact that you're here, learning and taking steps to understand this now, makes you the kind of parent or caregiver that every child deserves. It's never too late to make better choices. And small changes—from how we shop, cook, and supplement—can have a **massive impact** on your child's short- and long-term health.

The Bottom Line

We cannot separate the rise in childhood mental, metabolic, and neurological challenges from what's happening at the cellular level. Omega-3s aren't just "good fats"—they are **essential** for building healthy brains, regulating inflammation, and helping our children thrive both now and in the future.

If you're a parent, teacher, or healthcare provider, I urge you to view omega-6 to omega-3 ratios not as a trendy nutrition topic, but as a **non-negotiable foundation** of every child's health journey. And I'm here to help. You can:

- **Email me directly** at robert@dietfreelife.com
- [Click here to schedule a free consultation](#) where I will walk you through your options
- Or **reach out to the person who shared this article with you**

Together, we can remove the guesswork and give the children in your life the balance they need to thrive. Because when kids are in balance, they don't just feel better today—they grow into healthier, happier adults tomorrow.

References

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