

Souper Salad Brings Omega-3 To The Menu

SAN ANTONIO, Texas – (January 29, 2007) – Omega-3 is a fatty acid that plays an important role in the human body's normal functioning¹. The most widely available source of omega-3 is cold water oily fish such as the Wild Alaskan Salmon served at Souper Salad². The largest soup and salad chain in the Southwest has introduced six new Coastal Creations menu items, including three dishes made from Wild Alaskan Salmon: Wild Alaskan Salmon Medley Salad, Salad of the Sea, and Wild Alaskan Salmon Chowder. In addition to these new Coastal Creations items, Souper Salad will continue to offer its classic omega-3 rich Tunafish Salad and Tuna Skroodle Pasta Salad™ from its current menu.

According to a 2004 finding by the U.S. Food and Drug Administration, consumption of omega-3 may reduce the risk of coronary heart disease³. This finding is supported by separate research from the *American Journal of Clinical Nutrition*⁴ and the *Journal of the American Medical Association*⁵. Additionally, the omega-3 oils found in salmon have been linked to improvements in, or prevention of, certain kinds of cancer, ulcerative colitis, psoriasis, arthritis, asthma, certain kinds of mental illness, depression and lupus.⁶ Current scientific evidence suggests that omega-3 furthermore:

- promotes normal growth
- promotes skin health and integrity
- improves kidney function
- improves joint health
- reduces internal inflammation, including inflammation due to arthritis
- helps the body maintain levels of "good" (HDL) cholesterol
- helping to decrease blood lipids, including "bad" cholesterol (LDL) and triglycerides
- reducing blood clotting factors, and
- increases relaxation in larger arteries and blood vessels.⁷

About Souper Salad: Souper Salad is a privately held company, headquartered in San Antonio, Texas. The restaurant chain operates 87 locations in 12 states offering a buffet-style dining experience. It plans to implement new franchising and re-franchising opportunities in 2007, with the goal of expanding to the east coast in six different states, and increasing the number of stores it has in the southwest, especially in Oklahoma and Nevada. For more information, visit www.soupersalad.com.

Works Cited

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2. *Ibid*
3. "FDA Announces Qualified Health Claims for Omega-3 Fatty Acids", press release, US Food and Drug Administration, September 8, 2004
4. "N-3 fatty acids from fish or fish-oil supplements but not a-linoleic acid, benefit cardiovascular outcomes in primary and secondary prevention studies: a systematic review", Wang C, Harris WS, Chung M, et al. *Am J Clin Nutr* 2006;84:5-17
5. "Effects of Omega-3 Fatty Acids on Cancer Risk", Catherine H. MacLean, MD, PhD et al, *Journal of the American Medical Association* 295 (4): 403-415, January 2006, PMID 16434631
6. "Biochemistry and physiology of n-3 fatty acids", W. E. Lands, Department of Biochemistry, University of Illinois, Chicago 60612.
7. *Ibid*

