

Here are the lab test results:	Australian Certified Organic - Barlil	Local 'Organic' Brand A	Local 'Organic' Brand B
	Mg/100g		
Lauric Acid (s)	none	12.5	3.2
Myristic Acid (s)	none	12.6	3.4
Arachidic (s)	None	0.50	3.3
Palmitic (s)	87.8	179.4	59.0
Stearic (s)	61.2	76.1	116.0
Palmitoleic (m)	8.5	12.8	3.1
Oleic (m)	116.2	218.4	86.0
Eicosaenoic (m)	0.5	1.0	1.9
Linoleic (6)	74.7	126.2	50.0
Arachidonic (6)	31.8	75.7	56.0
Linolenic (3)	0.4	3.4	1.9
EPA (3)	0.8	None	1.0
DPA (3)	1.2	1.9	none
DHA (3)	15.3	1.8	1.5
Total Saturated Fats	149	281	185
Total Unsaturated Fats	249	441	202
Total Omega 3	17.6	7.1	4.4
Total Omega 6	106	202	106
Omega 6 to Omega 3 ratio	6	28	24

### Conclusion

There is a poor understanding of what constitutes an organic chicken in Malaysia. It is not enough to avoid feeding the chicken antibiotics and to free-range the chicken in a limited area. If chickens are fed high-energy compound feed, the chickens will have high saturated fatty acids and will have excessive omega 6. The danger is that consumers have been warned against red meat and may presume that chickens are a healthy white meat, and therefore may consume chickens very regularly. If the chickens have these unhealthy fats there is a danger that the consumer may end up in square one as far as health is concerned, as Malaysians tend to eat more chickens compared to, say for beef or mutton.

Excessive omega 6 in our diet has been in many autoimmune and degenerative diseases. Chickens A and B are best described as antibiotic-free, free-range chickens, and not "organic". B is a better chicken than A as it seems to be free-ranged longer. But both have similar fatty acids profile to broilers and wet market chickens.

DQ Chickens and Barlil have similar fatty acids profile. DQ Herbal has even better fatty acids profile than Barlil. <sup>∞</sup> by HS Wong of DQ Farm.

\*Notes: (s) = saturated fatty acids, (m) = monounsaturates, (6) = omega 6 and (3) = omega 3

## This month's specials.

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"...effects of excessive omega 6 in our diet" visit website -

<http://www.geocities.com/dqcleanchicken2/MercolaOmega3BreastCancer/mercolaomega3.html>

"..study shows that excessive omega 6 have a direct causative link to prostate cancer" visit website -

<http://www.geocities.com/dqcleanchicken2/Omega6Prostate/omega6prostatecancer.html>

### Editorial Note

This is an inaugural issue of *Life Choices*.

From day one, we had set out

to share good food sources with everyone. That we did with much success. Over time, our network of customers has grown and it has become more and more difficult to reach out effectively to them.

With *Life Choices*, we hope to keep our customers abreast with issues relevant to staying healthy so they may make informed choices. We also like to share our success with customers through DQ-Good4u Pro-sumer Associates.

We welcome feedback from all, feel free to write us at [info@good4u.com.my](mailto:info@good4u.com.my) or call us at,

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