

10 Great Food Sources of Omega-3 Fatty Acids

The major omega-3 fatty acids are linolenic acid (LNA) found in flax and other seeds, plus eicosapentaenoic and docosapentaenoic acids (EPA and DHA) found in fish oils. The Omega-3 Index and the Omega-3 whole blood score are well researched measures of omega-3 fatty acid content in red blood cells.



Herring - Cooked

75 g (2 ½ oz)
EPA/DHA = 1.6 g
ALA = 0.05-0.11 g

Anchovies - Canned with oil

75 g (2 ½ oz)
EPA/DHA = 1.54 g
ALA = 0.01 g



Caviar - Black, red

75 g (2 ½ oz)
EPA/DHA = 1.96 g
ALA = 0.01 g

Salmon, Atlantic - Farmed

75 g (2 ½ oz)
EPA/DHA = 1.61-1.77 g
ALA = 0.08-0.13 g



Flaxseed oil

5 mL (1 tsp)
EPA/DHA = 0 g
ALA = 2.58 g

Walnuts - English

60 mL (¼ cup)
EPA/DHA = 0 g
ALA = 2.30 g



Chia Seeds

15 mL (1 Tbsp)
EPA/DHA = 0 g
ALA = 1.9 g

Soybeans, Mature - Cooked

175 mL (¾ cup)
EPA/DHA = 0 g
ALA = 0.76 g



Winter Squash - Cooked

125 mL (½ cup)
EPA/DHA = 0 g
ALA = 0.18 g

Pecans

60 mL (¼ cup)
EPA/DHA = 0 g
ALA = 0.25-0.29 g



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