

# 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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Sources: Dietitians of Canada. (2016, Oct 28). Food Sources of Omega-3 Fats. <http://www.dietitians.ca/Your-Health/Nutrition-A-Z/Fat/Food-Sources-of-Omega-3-Fats.aspx>