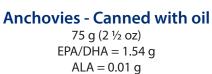
10 Great Food Sources of

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 q (2 ½ oz) EPA/DHA = 1.6 gALA = 0.05 - 0.11 q





Caviar - Black, red 75 g (2 ½ oz) EPA/DHA = 1.96 gALA = 0.01 g

Salmon, Atlantic - Farmed 75 g (2 ½ oz) EPA/DHA = 1.61-1.77 gALA = 0.08-0.13 q





Flaxseed oil 5 mL (1 tsp) EPA/DHA = 0 gALA = 2.58 g

Walnuts - English 60 mL (1/4 cup) EPA/DHA = 0 gALA = 2.30 g





Chia Seeds 15 mL (1 Tbsp) EPA/DHA = 0 gALA = 1.9 g

Soybeans, Mature - Cooked 175 mL (¾ cup) EPA/DHA = 0 q $ALA = 0.76 \, q$





Winter Squash - Cooked 125 mL (½ cup) EPA/DHA = 0 gALA = 0.18 g

Pecans 60 mL (1/4 cup) EPA/DHA = 0 gALA = 0.25-0.29 a





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