

## Omega-3 rich foods



| <u>Food</u>                    | <u>Amount of Omega-3s</u>    |
|--------------------------------|------------------------------|
| Salmon, 4 oz                   | 3.0 gm (avg.)                |
| Albacore/Bluefin<br>Tuna, 4 oz | 2.6 gm (avg.)                |
| Rainbow trout, 4 oz            | 2.3 gm (avg.)                |
| Atlantic mackerel,<br>4 oz     | 2.2 gm (avg.)                |
| Herring, 4 oz                  | 2.0 gm (avg.)                |
| Canned tuna,<br>Anchovy        | 3 oz 0.5 gm<br>3.5 oz 1.4 gm |

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| <u>Food</u>                             | <u>Amount of Omega-3s</u> |
|---|---------------------------|
| Flaxseed oil, 1 Tbsp.                   | 7.6 gm.                   |
| Soybeans, cooked,<br>3.5 oz (1/2 cup)   | 2.1 gm                    |
| Canola oil, 1 Tbsp                      | 1.6 gm                    |
| Olive oil, 1 Tbsp                       | 0.1 gm                    |
| Walnut oil, 1 Tbsp                      | 1.5 gm                    |
| Tofu, firm, 6 oz                        | 1.1 gm                    |
| Tofu, medium, 6 oz                      | 0.6 gm                    |
| Walnuts, 3 Tbsp                         | 1.1 gm                    |
| Flaxseed, milled,<br>1 Tbsp             | 1.1 gm                    |
| Omega-3 rich<br>Chicken eggs            | 0.3 gm                    |
| Dark leafy greens,<br>12-16 cups (1.5#) | 0.6 gm*                   |
| Broccoli, kale, raw,<br>9 cups (1#)     | 1.1 gm*                   |
| Wheat germ,<br>10 Tbsp                  | 0.6 gm*                   |

\* Despite the fact that you need to eat a large amount of these foods to obtain a small amount of omega-3s, the important thing to remember is that a) they are not the most concentrated food sources when looking to increase dietary intake of omega-3s, and b) they do contain *some* and little bits do add up over time, so still use these foods as a way to ingest more omega-3s.