

# Food Sources of Omega 3- Fats

Omega-3 Fats are essential fats, that means, our body cannot make them.

The only true essential fat is ALA. Our body can make DHA and EPA from ALA, but the conversion is low, sometimes less than 1%. **This is the reason it is recommended to include foods high in EPA and DHA in our diet.**

Omega-3-Fats are

EPA (eicosapentaenoic acid).

DHA (docosahexaenoic acid)

ALA ((alpha-linolenic acid)

EPA and especially DHA are part of every cell membrane of our body and are richest in our brain.

See the whole article here: <https://aimforbrainhealth.com/omega-3-benefits/>

## Here are some Foods and their average content of omega-3 fats:

Food	Serving Size	EPA/DHA (mg)	ALA (mg)
Most Vegetables and Fruits		0	0
Eggs, cooked	2 eggs	70	60-280
Anchovies, canned with oil	75g	1540	10
Sardines, canned	75 g	740-1050	170-370
Cod, Atlantic, cooked	75 g	110	0
Cod, Pacific, cooked	75 g	790	40

Halibut, cooked	75g	180-880	40-60
Herring, cooked	75g	1600	50-110
Lobster, cooked	75g	150	10
Mackerel, cooked	75g	580-920	30-80
Mackerel, salted	75g	3430	120
Mussels, cooked	75g	590	30
Salmon, Atlantic, farmed, raw or cooked	75g	1610-1770	80-130
Shrimp, cooked	75g	210	10
Trout, cooked	75g	660-740	60-140
Tuna, white, canned with water	75g	650	60
Soybeans, mature, cooked	175 ml (3/4 cup)	0	760
Beans (navy, pinto), cooked	175 ml (3/4 cup)	0	170-240
Almonds, oil roasted, blanched	60 ml (1.4 cup)	0	150
Chia seeds	15 mL (1 Tbsp)	0	1900
Flaxseed, ground	15 mL (1 Tbsp)	0	2430
Hemp seeds	15 mL (1 Tbsp)	0	190
Pumpkin seeds, without shell	60 mL (¼ cup)	0	60
Pecans	60 mL (¼ cup)	0	250-290
Walnuts	60 mL (¼ cup)	0	850
Canola oil	5 mL (1 tsp)	0	420
Flaxseed oil	5 mL (1 tsp)	0	2800