

# FOOD SOURCES OF **OMEGA-3 FATTY ACIDS**

Food	Serving Size	ALA (g)	EPA (g)	DHA (g)
Flaxseed oil	1 T	7.26	N/A	N/A
Flaxseeds, whole	1 T	2.35	N/A	N/A
Chia seeds	1 oz	5.06	N/A	N/A
Walnuts	1 oz	2.57	N/A	N/A
Canola oil	1 T	1.28	N/A	N/A
Salmon, Atlantic, farmed	3 oz	N/A	0.59	1.24
Herring	3 oz	N/A	0.77	0.94
Sardines, canned	3 oz	N/A	0.45	0.74
Mackerel, Atlantic	3 oz	N/A	0.43	0.59
Seaweed, dried	100 g	N/A	0.04 to 0.08	N/A

**SOURCES:** USDA FOODDATA CENTRAL; NATIONAL INSTITUTES OF HEALTH, OFFICE OF DIETARY SUPPLEMENTS