

Food Sources of Omega-3 Fats

Information About Omega-3 Fats

- Omega-3 fats have many functions in our body and are important for good health. There are three kinds of omega-3 fats:
 - ALA (alpha-linolenic acid)
 - DHA (docosahexaenoic acid)
 - EPA (eicosapentaenoic acid).
- ALA is an essential fat so it must be consumed in the diet.
- Our bodies can make EPA and DHA from ALA but this is very limited. Therefore, it is important to include foods rich in DHA and EPA in your diet.

How Much Omega-3 Should I Aim For?

- The amount of omega-3 fat you need depends on your age and whether you are male or female.
- Your doctor may recommend more omega-3 fats than what is shown in the chart, if you have heart disease or are at risk for heart disease. Talk to your doctor or dietitian for more information.

<i>Age in years</i>	<i>Aim for an ALA intake of grams (g)/day</i>	<i>Stay below</i>
Men 19 and older	1.6	No upper limit has been established for ALA.
Women 19 and older	1.1	
Pregnant Women 19 and older	1.4	
Breastfeeding Women 19 and older	1.3	

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To follow a healthy diet aim for at least 2 servings of fish per week which provides about 0.3-0.45 grams of EPA and DHA.

Omega-3 fat Content of Some Common Foods

ALA is found in certain vegetable oils, walnuts, flaxseeds and soy products. EPA and DHA are found in fish, seafood and fish oils. This table shows you foods which are sources of omega-3 fats.

<i>Food</i>	<i>Serving Size</i>	<i>ALA (g)</i>	<i>EPA/DHA (g)</i>
<i>Vegetables and Fruit</i>	Not a good source of omega-3 fats.		
Edamame/baby soybeans, cooked	125 mL (½ cup)	0.29	0
Radish seeds, sprouted, raw	125 mL (½ cup)	0.42	0
Winter squash, cooked	125 mL (½ cup)	0.18	0
<i>Grain Products</i>	Products made with flax, soybean or canola oil provide ALA. Some grain products are now enriched with EPA/DHA. Check food labels for details.		
Wheat germ, raw	27 g	0.19	0
<i>Milk and Alternatives</i>	Some dairy products now provide omega-3 fat. Check food labels for details.		
Almond beverage	250 mL (1 cup)	0.10	0
Milk, fortified with DHA *	250 mL (1 cup)	0	0.02
Oat beverage	250 mL (1 cup)	0.30	0
Omega-3 soy beverage with flax	250 mL (1 cup)	0.67	0.03

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and algal*			
Omega-3 yogurt *	175 g (¾ cup)	0.50	0
Soy beverage	250 mL (1 cup)	0.23	0
<i>Meat and Alternatives</i>			
<i>Egg Products</i>			
Egg, cooked	2 eggs	0.03-0.12	0.04
Omega-3 eggs fortified with DHA*	2 eggs	0.54	0.26
<i>Fish and Seafood</i>			
Anchovies, canned with oil	75 g (2 ½ oz)	0.01	1.54
Arctic char, cooked	75 g (2 ½ oz)	0.08	0.68
Carp, cooked	75 g (2 ½ oz)	0.26	0.34
Caviar, black and red, granular	75 g (2 ½ oz)	0.01	4.9
Clams, cooked	75 g (2 ½ oz)	0.01	0.21
Cod, cooked	75 g (2 ½ oz)	0	0.12-0.20
Crab, cooked	75 g (2 ½ oz)	0.01	0.36
Eel, cooked	75 g (2 ½ oz)	0.42	0.14
Hake/whiting, cooked	75 g (2 ½ oz)	0.39	0.01
Halibut, cooked	75 g (2 ½ oz)	0.04-0.06	0.35-0.88
Herring, cooked	75 g (2 ½ oz)	0.11	1.6

Lobster, cooked	75 g (2 ½ oz)	0.01	0.06-0.36
Mackerel, cooked	75 g (2 ½ oz)	0.03-0.09	0.90-1.49
Mackerel, salted	75 g (2 ½ oz)	0.12	3.44
Mussels, cooked	75 g (2 ½ oz)	0.03	0.59
Octopus, cooked	75 g (2 ½ oz)	0	0.24
Oysters, eastern/blue point, cooked	75 g (2 ½ oz)	0.04-0.05	0.33-0.41
Oysters, Pacific, cooked	75 g (2 ½ oz)	0.05	1.03
Pollock/Boston Blue fish, cooked	75 g (2 ½ oz)	0	0.40
Salmon, Atlantic, farmed, raw or cooked	75 g (2 ½ oz)	0.09	1.40-1.61
Salmon, Atlantic, wild, raw or cooked	75 g (2 ½ oz)	0.22-0.29	1.08-1.38
Salmon, Chinook, raw or cooked	75 g (2 ½ oz)	0.07-0.08	1.3-1.5
Salmon, Coho, wild or farmed, raw or cooked	75 g (2 ½ oz)	0.04-0.06	0.80-0.96
Salmon, humpback/pink, raw, cooked or canned	75 g (2 ½ oz)	0.03-0.06	0.97-1.27
Salmon, sockeye/red, raw, cooked or canned	75 g (2 ½ oz)	0.05-0.07	0.88-1.39

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Sardines, canned	75 g (2 ½ oz)	0.18-0.37	0.74-1.05
Scallops, cooked	75 g (2 ½ oz)	0	0.27
Shrimp, cooked	75 g (2 ½ oz)	0	0.24
Snapper, cooked	75 g (2 ½ oz)	0	0.24
Sole/plaice, cooked	75 g (2 ½ oz)	0.01	0.38
Tilapia, cooked	75 g (2 ½ oz)	0.03	0.10
Trout, cooked	75 g (2 ½ oz)	0.06-0.14	0.70-0.87
Tuna, light, canned with water	75 g (2 ½ oz)	0	0.20
Tuna, white, canned with water	75 g (2 ½ oz)	0.05	0.65
Whitefish, cooked	75 g (2 ½ oz)	0.18	1.21
<i>Meat Alternatives</i>			
Beans (navy, pinto), cooked	175 mL (¾ cup)	0.16-0.17	0
Peas, cooked	175 mL (¾ cup)	0.11	0
Soybeans, mature, cooked	175 mL (¾ cup)	0.76	0
Tofu, all types, cooked	150 g (¾ cup)	2.02	0
<i>Nuts and Seeds</i>			
Almonds, oil roasted, blanched	60 mL (¼ cup)	0.15	0

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Flaxseed, ground	15 mL (1 Tbsp)	1.60	0
Flaxseed, whole**	15 mL (1 Tbsp)	2.50**	0
Hickorynuts	60 mL (¼ cup)	0.32	0
Pecans	60 mL (¼ cup)	0.25	0
Soy nuts	60 mL (¼ cup)	0.60	0
Walnuts, black	60 mL (¼ cup)	0.64	0
Walnuts, English, Persian	60 mL (¼ cup)	2.30	0
<i>Fats and Oils</i>			
Canola oil	5 mL (1 tsp)	0.43	0
DHA-enriched Omega-3 margarine made with fish oil	5 g (1 tsp)	0.27	0.03
Flaxseed oil	5 mL (1 tsp)	2.60	0
Omega-3 Margarine made with canola oil *	5 mL (1 tsp)	0.36	0
Soybean oil	5 mL (1 tsp)	0.31	0
Walnut oil	5 mL (1 tsp)	0.48	0
<i>Miscellaneous</i>			
Supplements, (Herring, salmon, sardine oil)	5 mL (1 tsp)	0.03-.06	0.48- 1.43

* Amounts vary depending on product

** As a seed, very little of the Omega-3 fat is absorbed because the

seed is very hard to digest by the body. Try grinding the flaxseed to improve absorption.

Source: "Canadian Nutrient File 2007b" <http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php> [Accessed August 17, 2009]



Notes

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