

Top Food Sources of Omega 3 Essential Fatty Acids

Omega-3 fats have been shown to help prevent heart disease and stroke, may help control lupus, eczema, and rheumatoid arthritis, and may play protective roles in cancer and other conditions. So lets eat.

Chia

This superfood actually contains all 8 essential amino acids as well!

4915mg/
serving

Salmon

Look for BC or Wild Alaskan and stay away from any farmed fish!

4023mg/
serving

Cod Liver Oil

Though technically a supplement, it's high in Vitamin A as well – so don't take more than what is recommended on the bottle!

2664mg/
serving

Sardines

They're highly nutritious, especially when eaten whole. They contain almost every nutrient your body needs! Look for ones packed in water or olive oil.

2205mg/
serving

Soybeans

Soybeans are also very high in the inflammatory Omega 6 fatty acids, so they should not be relied on as a sole omega 3 source. 1-2 servings a week should be your max. The majority of soy is also GMO, so go for organic here.

1241mg/
serving

Oysters

Again, you'll find a lot of farmed options here. Always go for wild caught!

565mg/
serving

Mackerel

Choose Atka Mackerel from Alaska where you can. It's low in mercury, sustainable and high in Omega 3's.

4107mg/
serving

Herring

The word "Mathieu" on the label will suggest that preserves are prepared from a young fish that boasts a high content of fat, protein, polyunsaturated acids and vitamins.

3181mg/
serving

Walnuts

Make sure not to remove the skin as it packs most of the walnuts' phenol oxidants – which offer important health benefits!

2542mg/
serving

Flaxseeds

Only 15% of flax is converted into the anti-inflammatory EPA, so unless you are a vegetarian, don't rely on plant sources for all your Omegas!

2338mg/
serving

Caviar

You'll find lots of farmed caviar available, but if you're going to splurge on this delicacy – go for a wild variety.

1086mg/
serving

Anchovies

Usually used as a seasoning, you'll find them in authentic Caesar dressing!

951mg/
serving

There are lots of foods out there that have Omega-3 fatty acids – pastured or omega-3 enriched eggs (in the yolks!), meat and dairy products from grass-fed and finished animals, hemp seeds and vegetables like spinach and brussels sprouts – but when it comes to the body being able to use the form you're eating, you can't beat wild caught cold water fish!



www.GivePeasAChance.ca

For more information on sustainability of your seafood, visit seafood.ocean.org