

Omega-3 Rich Foods

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		QTY (oz.)	QTY (SI)	Calories	Omega-3	Omega-6
1	Broccoli (ALA)	3 oz.	85 g	30	20	15
2	Peanut butter	2 tbsp.	32 g	190	26.6	4710
3	Egg, unfortified	1 large	50 g	70	35	575
4	Cauliflower (ALA)	3 oz.	85 g	20	37	10
5	Pumpkin seeds	1 oz.	28 g	145	46.5	5325
6	Yogurt, unfortified	8 oz.	245 g	150	66	160
7	eggs, fortified	1 large	50 g	70	70	575
8	Brussels sprouts (ALA)	3 oz.	85 g	35	84	40
9	Olive oil	1 tbsp.	15 ml	120	110	1320
9	Spinach (ALA)	3 oz.	85 g	20	115.8	20
10	Yogurt, fortified	8 oz.	245 g	150	132	160
11	Milk, unfortified	1 cup	240 ml	145	185	295
12	Tuna, skipjack (fresh)	3 oz.	85 g	90	230	15
13	Milk, fortified	1 cup	240 ml	145	370	295
14	Halibut	3 oz.	85 g	93	445	25
15	Walnuts	1 oz.	28 g	175	562	9260
16	Oysters	3 oz.	85 g	70	630	27
17	Tuna, white (canned)	3 oz.	85 g	110	810	45
18	Trout, mixed species	3 oz.	85 g	125	910	150
19	Anchovies	1 oz.	28 g	60	600	100
20	Sardines	3 oz.	85 g	155	1420	100
21	Herring	3 oz.	85 g	135	1470	110
22	Salmon, Chinook, raw	3 oz.	85 g	150	1990	105
23	Mackerel	3 oz.	85 g	175	2270	185
24	Flaxseed, whole	1 tbsp.	10 g	55	2388	610