

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.

Age in Years	Aim for an ALA intake of grams (g)/day	Stay Below g/day
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	

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 per day.



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**.

Food	Serving size	ALA (g)	EPA/DHA (g)
Vegetables and Fruit	Not a good source of omega-3 fats.		
Edamame/baby soybeans, cooked	125 mL (½ cup)	0.29-0.34	0
Radish seeds, sprouted, raw	125 mL (½ cup)	0.42	0
Winter squash, cooked	125 mL (½ cup)	0.18	0
Grain products	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 cereal, toasted	30 g	0.24	0
Milk and Alternatives	Some dairy products now provide omega-3 fat. Check food labels for details.		
Milk, fortified with DHA *	250 mL (1 cup)	0	0.01
Omega-3 soy beverage with flax and algal*	250 mL (1 cup)	0.67	0.03
Omega-3 yogurt *	175 g (¾ cup)	0.46	0
Soy beverage	250 mL (1 cup)	0.19	0
Meat and Alternatives			
<i>Egg Products</i>			
Eggs, cooked	2 eggs	0.06-0.28	0.07
Omega-3 eggs fortified with DHA*	2 eggs	0.50-0.54	0.16-0.27



<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	0.56
Caviar (black, red), granular	75 g (2 ½ oz)	0.01	1.96
Clams, cooked	75 g (2 ½ oz)	0.01	0.21
Cod, Atlantic, cooked	75 g (2 ½ oz)	0	0.11
Cod, Pacific, cooked	75 g (2 ½ oz)	0.04	0.79
Crab, cooked	75 g (2 ½ oz)	0.01	0.36
Eel, cooked	75 g (2 ½ oz)	0.42	0.14
Halibut, cooked	75 g (2 ½ oz)	0.04-0.06	0.18-0.88
Herring, cooked	75 g (2 ½ oz)	0.05-0.11	1.6
Lobster, cooked	75 g (2 ½ oz)	0.01	0.15
Mackerel, cooked	75 g (2 ½ oz)	0.03-0.08	0.58-0.92
Mackerel, salted	75 g (2 ½ oz)	0.12	3.43
Mussels, cooked	75 g (2 ½ oz)	0.03	0.59
Octopus, cooked	75 g (2 ½ oz)	0	0.13
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	1.04
Pollock, cooked	75 g (2 ½ oz)	0	0.40
Salmon, Atlantic, farmed, raw or cooked	75 g (2 ½ oz)	0.08-0.13	1.61-1.77
Salmon, Atlantic, wild, raw or cooked	75 g (2 ½ oz)	0.26-0.28	1.29-1.38
Salmon, Chinook, raw or cooked	75 g (2 ½ oz)	0.07-0.08	1.31-1.47



Salmon, Coho, raw or cooked	75 g (2 ½ oz)	0.03-0.07	0.80-1.08
Salmon, pink/humpback, raw, cooked or canned	75 g (2 ½ oz)	0.03-0.04	0.46-1.27
Salmon, sockeye/red, raw, cooked or canned	75 g (2 ½ oz)	0.05-0.09	0.87-0.93
Sardines, canned	75 g (2 ½ oz)	0.17-0.37	0.74-1.05
Scallops, cooked	75 g (2 ½ oz)	0	0.13
Shrimp, cooked	75 g (2 ½ oz)	0.01	0.21
Snapper, cooked	75 g (2 ½ oz)	0	0.24
Sole or plaice, cooked	75 g (2 ½ oz)	0.01	0.23
Tilapia, cooked	75 g (2 ½ oz)	0.03	0.10
Trout, cooked	75 g (2 ½ oz)	0.06-0.14	0.66-0.74
Tuna, light, canned with water	75 g (2 ½ oz)	0	0.21
Tuna, white, canned with water	75 g (2 ½ oz)	0.05	0.65
Whitefish, cooked	75 g (2 ½ oz)	0.17	1.20
<i>Meat Alternatives</i>			
Beans (navy, pinto), cooked	175 mL (¾ cup)	0.17-0.24	0
Peas, black-eyed, cooked	175 mL (¾ cup)	0.11	0
Soybeans, mature, cooked	175 mL (¾ cup)	0.76	0
Tofu, cooked	150 g (¾ cup)	0.27-0.48	0
Meatless (fish sticks, chicken, meatballs), cooked	75 g (2 ½ oz)	0.39-0.78	0



<i>Nuts and Seeds</i>			
Almonds, oil roasted, blanched	60 mL (¼ cup)	0.15	0
Chia seeds	15 mL (1 Tbsp)	1.9	0
Flaxseed, ground**	15 mL (1 Tbsp)	2.43	0
Hemp seeds	15 mL (1 Tbsp)	0.19	0
Hickory nuts	60 mL (¼ cup)	0.32	0
Pumpkin seeds, without shell	60 mL (¼ cup)	0.06	0
Pecans	60 mL (¼ cup)	0.25-0.29	0
Soy nuts	60 mL (¼ cup)	0.42	0
Walnuts, black	60 mL (¼ cup)	0.85	0
Walnuts, English, Persian	60 mL (¼ cup)	2.30	0
<i>Fats and Oils</i>			
Canola oil	5 mL (1 tsp)	0.42	0
DHA-enriched Omega-3 margarine made with fish oil	5 mL (1 tsp)	0.28	0.03
Flaxseed oil	5 mL (1 tsp)	2.46	0
Omega-3 margarine made with canola oil *	5 mL (1 tsp)	0.34	0
Soybean oil	5 mL (1 tsp)	0.31	0
Walnut oil	5 mL (1 tsp)	0.48	0



Other			
Herring oil	5 mL (1 tsp)	0.04	0.48
Salmon oil	5 mL (1 tsp)	0.05	1.44
Sardine oil	5 mL (1 tsp)	0.06	0.96
Almond beverage	250 mL (1 cup)	0.10	0
Oat beverage	250 mL (1 cup)	0.30	0

* 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 2015"

www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php

[Accessed June 2016]



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