

Studies show regularly eating foods with omega-3 fats may reduce risk of heart disease and stroke. These fats may also decrease inflammation in the body and support brain function, potentially helping to fight diseases like dementia and depression.

Seafood is a good source the beneficial omega-3s fats, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

Are You Getting Enough from Your Diet?

It is recommended to consume 250 to 500 mg of EPA and DHA per day (or 1750 to 3500 weekly). This means aiming to eat fish about twice per week. Certain types of shellfish also contain omega-3 fats. See below for a list of sources.

<u>Seafood Source</u>	<u>Portion</u>	<u>Omega-3 Amount</u>
Herring	4 ounces	2300 mg
Salmon, Atlantic or Coho	4 ounces	1800 mg
Mackerel or Bluefin Tuna	4 ounces	1700 mg
Sardines	4 ounces	1400 mg
Trout or Halibut	4 ounces	1000 mg
Canned Albacore Tuna	4 ounces	1000 mg
Bluefish	4 ounces	900 mg
Blue Mussels or Oysters	12 medium	900 mg
Salmon, Pink or Sockeye	4 ounces	800 mg
Squid	4 ounces	800 mg
Pollock	4 ounces	600 mg
Anchovy Fillets, Canned	6 each	300 mg
Flounder or Sole	4 ounces	300 mg
Canned Chunk Light Tuna	4 ounces	200 mg
Cod	4 ounces	200 mg
Clams	6 large	200 mg
Scallops or Lobster	4 ounces	200 mg
Tilapia	4 ounces	100 mg
Shrimp	4 ounces	100 mg



Eating More Omega-3s



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Vegetarians and Omega-3 Fats

There is a plant-based omega-3 fat called alpha-linolenic acid (ALA). It is found in nuts, seeds, soy, and certain oils.

ALA is considered an essential fatty acid, meaning it must be obtained from your diet.

Most women need at least 1100 mg per day and men need 1600 mg daily. It is thought vegetarians may need to double these goals.

ALA can be converted to small amounts of EPA and DHA, but this process is not very efficient. EPA and DHA can also be found in the algae that fish and shellfish feed on, which is why these types of fats are found in seafood.

If you are a vegetarian, talk to your dietitian about whether you may benefit from taking an omega-3 supplement to increase your intake of EPA and DHA.

<u>Plant Source</u>	<u>Portion</u>	<u>Omega-3 Amount</u>
Flaxseed oil	1 tablespoon	7000 mg
Chia seeds	2 tablespoons	5000 mg
Flaxseeds	2 tablespoons	4700 mg
Hemp seeds	2 tablespoons	1700 mg
Walnut oil	1 tablespoon	1400 mg
Canola oil	1 tablespoon	1300 mg
Tofu	½ cup	700 mg
Soy nuts	¼ cup	700 mg
Edamame, Shelled	½ cup	500 mg
Walnuts	10 halves	300 mg
Pecans	10 halves	150 mg
Pistachios	¼ cup	100 mg
Miso	1 tablespoon	80 mg