THE OMEGA-3 FATTY ACID GUIDE

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WellnessWatchersMD™
The Medical Doctor's Program to Support your Healthy Changes.

Are you getting enough of the right poly-unsaturated fats?

Poly-unsaturated fats are important in counteracting the effects of saturated fats in the diet. There are two types of poly-unsaturated fats:

- **Omega 6 Fatty Acids** (e.g. linoleic acid)
  Found in unrefined safflower, corn, sesame and sunflower oils

- **Omega 3 Fatty Acids** (e.g. alpha-linoleic acid)
  Found in oily fish, linseed or flax oil, hemp oil, soybean oil, pumpkin seeds, walnuts, dark green vegetables

While both types of poly-unsaturated fats are helpful, the ratio between them is important. It's not important to keep it exact, but you want a ratio of Omega-6 to Omega-3 between 1:1 and 2:1.

However, Omega-6 fatty acids have become more plentiful in the typical American diet, while the reverse is true for Omega-3 fatty acids, which have become less plentiful.

In order to get enough Omega-3s, most of us have to take conscious steps. The table below can help you do this.

Why we need more Omega-3 fatty acids

Human beings evolved consuming a diet that contained about equal amounts of omega-3 and omega-6 essential fatty acids. Over the past 100–150 y there has been an enormous increase in the consumption of n-6 fatty acids due to the increased intake of vegetable oils from corn, sunflower seeds, safflower seeds, cottonseed, and soybeans. Today, in Western diets, the ratio of n-6 to n-3 fatty acids ranges from ≈20–30:1 instead of the traditional range of 1–2:1.

This dietary change has as many negative ramifications as the parallel increase in saturated fats over the same time period. Omega-3s decrease platelet aggregation, decreases blodd clotting, Decreases tendency to thrombosis, decreases free radicals, reduces LDL and increases HDL, decreases lipoprotein and triglycerides. In short, they are very, very good for your heart.

It is important that you specifically increase the Omega-3 fatty acids. Below is a list of foods that have the highest ratios of Omega-3 fatty acids. Most are fish. If you are unable to make the below foods a significant part of your diet, we recommend you supplement your diet with Omega-3 fatty acid supplements

Approximate Omega-3 (EPA/DHA) content in grams per 100 grams.
For Fish it is for fresh, uncooked fish Cooking will affect the content

Fish (100g)	**Omega-3 (g)**
Mackerel	2.2
Spiny Dogfish	2
Herrings	1.7
Sardines	1.7
Pilchards	1.7
Tuna, Fresh (bluefin)	1.6
Light, canned in water, drained	0.26
White, canned in water, drained	0.73
Trout (lake)	1.6
Sturgeon (Atlantic)	1.5
Salmon	
Chum	0.68
Sockeye	0.68
Pink	1.09
Chinook	1.48
Atlantic, farmed	1.83
Atlantic, wild	1.56
Anchovies	1.4
Sprats	1.3
Bluefish	1.2
Mullet	1.1
Halibut	0.9
Bass (striped)	0.8
Trout (rainbow)	0.6
Trout (Arctic char)	0.6
Mullet (striped)	0.6
Oysters	
Pacific	1.17
Eastern	0.47
Farmed	0.37
Carp	0.6
Squid (short-finned)	0.6
Tuna (skipjack)	0.5
Mussels (blue)	0.5
Periwinkles	0.5
Shark	0.5
Pollock	0.5
Hake (Pacific)	0.4
Sea Bass	0.4
Shrimp	0.4

Crab	0.4
Perch	0.4
Clams	0.3
Cod (Atlantic)	0.3
Cod (Pacific)	0.2
Plaice	0.2
Scallops	0.2
Flounder	0.2
Lobster	0.2
Abalone	0.1
Haddock	0.1
Pike	0.1

Non Fish Sources

Omega-Pro Eggs	0.8
Flax-based eggs	0.8
Flaxseed	22.6
Walnuts	6
Canola oil	10
Soya oil	7