

Omega 6 to Omega 3 Ratio in Common Foods

Meats

Beef, Grass-fed, Lean	4:1
Beef, Grass-fed, not Lean	5:1
Beef, Grain-fed, Lean	10:1 up to 30:1
Chicken, light meat	10:1
Chicken, dark meat, thigh	16:1
Turkey, light meat	10:1
Turkey, with skin	11:1
Pork, lean	30:1

Other

Egg Yolk	13:1
Scrambled Eggs	12:1
Cheddar Cheese	1.5:1

Nuts and Seeds

Flaxseed	1:4 (4 Times as Much Omega 3)
Chia Seeds	1:3 (3 Times as Much Omega 3)
Almonds	2,000:1
Brazil Nuts	1142:1
Cashews	48:1
Macadamia Nuts	6:1
Pecans	21:1
Pistachio	54:1
Pumpkin Seeds	125:1
Sunflower Seeds	473:1
Walnuts	4:1