



# Sources of Omega 3 & DHA



Omega-3 content: 4,107 mg in one piece of salted mackerel, or 5,134 mg per 3.5 ounces (100 grams)

## Fatty Fish & Shell Fish

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Cod liver oil is more of a supplement than a food. As the name implies, it is oil extracted from the livers of codfish. This oil is not only high in omega-3 fatty acids but also loaded with vitamins D and A



## Cod liver oil



## Walnuts

Walnuts are the only tree nut that is an excellent source of alpha-linolenic acid (ALA), the plant-based omega-3 essential fatty acid. As one of the best plant food sources of omega-3s, a one-ounce serving of walnuts provides 2.5 grams of ALA.

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Eating chia seeds is perhaps the easiest way to get omega-3 fatty acids, which are super important to brain health. A single one-ounce serving contains 5 grams of omega-3's



## Chia Seeds



## Eggs

All eggs contain some omega-3 fats from the chickens' natural feed, roughly 25 mgs each of DHA and ALA. Given that the studies about omega-3 benefits suggest the consumption of 500 to 1000 mg DHA and EPA combined