

Omega-3 and Omega-6 Content of Commonly Eaten Foods

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Fish & Seafood	Serving Size	Grams ω -3 (EPA & DHA)	Grams ω -6 (AA)
Clams	6.5 oz can	0.18	0.07
New England Clam Chowder	1 cup	0.70	4.94
Manhattan Clam Chowder	1 cup	0.16	1.10
Cod, Pacific	4 oz	0.15	0.03
Crab, Alaskan King	1 leg	0.25	0.08
Halibut, Pacific or Atlantic	4 oz	0.31	0.07
Mackerel, Pacific	4 oz	2.53	0.29
*Pollock, Alaskan, raw	3 oz	0.15	<0.01
Sablefish	4 oz	2.58	0.39
**Salmon, wild Atlantic	4 oz	3.05	0.64
**Salmon, farmed Atlantic	4 oz	3.28	2.20
Salmon, wild sockeye, Pacific	4 oz	1.18	0.45
Salmon, sockeye, canned	4 oz	1.58	0.19
Sardines, canned in water	4 oz can	2.18	0.17
***Sardines, canned in oil	3.75 oz	1.48	3.26 (LA)
Scallop	1 large	0.03	<0.01
Snapper, fillet	3-oz fillet	0.29	0.02
Tuna, light, canned in water	4 oz	0.26	0.02
Tuna, blue fin	4 oz	1.94	0.14
Tuna, yellow fin	4 oz	0.14	0.05
Tuna, albacore, canned in water	4oz	1.14	0.12
****Tilapia, farmed, fillet	3.45 oz	0.64	5.89
****Catfish, farmed, fillet	5.23 oz	0.28	1.46

Eggs & Dairy	Serving Size	Grams ω -3 (ALA)	Grams ω -6 (AA)
Egg, hard boiled	1 medium	0.3	0.59
Eggs, fried	2 medium	0.13	2.15

Eggs, cooked	2 medium	0.07	1.18
Eggs, omega-3-rich	2 medium	0.23	1.13
Cheese, Blue	1 oz	0.07	0.15
Cheese, Cheddar	1 oz	0.04	0.23
Cheese, Cottage 2%	4 oz	0.01	0.06
Cheese, Feta	1 oz	0.08	0.09
Cheese, Gruyere	1 oz	0.12	0.37
Cheese, Swiss (Jarlsberg)	1 oz	0.10	0.18
Cheese, Jarlsberg reduced fat	1 oz	0.06	0.10
Cheese, Gouda	1 oz	0.11	0.07
Cheese, Parmesan, hard	1 oz	0.08	0.08
Cheese, Roquefort	1 oz	0.20	0.17
Yogurt, 2%, Greek	1 cup	0.02	0.14
Milk whole	1 cup	0.18	0.29
Milk, 2%	1 cup	0.12	0.15
Soy milk, unsweetened* contains LA, not AA	1 cup	0.31	2.32 (*LA)

Meats	Serving Size	Grams ω-3 (ALA)	Grams ω-6 AA
Turkey, breast, roasted	4 oz	0.03	0.31
Bacon, pork, pan fried	1 slice	0.03	0.63
Steak, sirloin, no visible fat	4 oz	0.04	0.23
Steak, tenderloin, grass fed	4 oz	0.13	0.28
Lamb chop	1 medium	0.03	0.34
Chicken breast	4 oz	0.11	0.93

Fats & Oils	Serving Size	Grams ω-3 (ALA)	Grams ω-6 LA*
Butter	1 tsp	0.04	0.45 (AA)
Coconut oil	1 TBLS	0	0
Safflower oil	1 TBLS	0	3.39
Soy oil	1 TBLS	0.93	6.94

Corn oil	1 TBLS	.05	2.43
Canola oil	1 TBLS	1.28	2.61
Olive oil	1 TBLS	0.10	1.32
Mayonnaise	1 TBLS	0.65	5.18
Mayonnaise, made with tofu	1 TBLS	0.31	2.18
Cotton seed oil	1 TBLS	0.03	7.03
Margarine	1 TBLS	0.24	1.02
Flaxseed oil	1 TBLS	7.27	1.94
Salad dressings:			
French	1 TBLS	0.44	2.93
Ranch	1 TBLS	0.49	3.33
Thousand Island	1 TBLS	0.34	2.57
Blue Cheese	1 TBLS	0.48	3.65
Sesame Seed	1 TBLS	0.30	3.48
Green Goddess	1 TBLS	0.41	3.07

**except for butter, which contains AA*

Nuts & Seeds	Serving Size	Grams ω -3 ALA	Grams ω -6 LA
Walnuts	1 oz	2.57	10.8
Sunflower seeds	1 oz	<0.01	2.62
Pecans	1 oz	0.28	5.85
Brazil nuts	1 nut	<0.01	0.97
Pistachios	1 oz	0.07	3.74
Almonds	1 oz	<0.01	3.68
Cashews	1 oz	0.05	2.17
Mixed nuts	1 oz	0.05	2.99
Macadamia nuts	1 oz	0.06	0.37
Pine nuts	1 TBLS	0.07	2.11
Pumpkin seeds	1 oz	0.05	5.61
Sunflower seeds	1 oz	0.02	6.53
Peanuts dry roast	1 oz	0.01	2.75

Peanut butter	1 TBLS	0.01	2.27
Tahini	1 TBLS	0.06	3.47
Sunflower butter	1 TBLS	<0.01	1.56
Chia seeds	1 TBLS	2.90	1.00
Flax seeds	1 TBLS	1.60	0.41

Snacks	Serving Size	Grams ω -3 ALA	Grams ω -6 LA
Popcorn microwave	1 cup	0.13	5.30
Popcorn air popped	1 cup	<0.01	0.2
Popcorn oil popped	1 cup	0.31	2.51
Potato chips	1 oz	0.01	6.53
Potato chips, low fat	1 oz	0.01	4.63
Corn puffs, twists	1 oz	0.09	4.87
Corn chips, white corn	1 oz	0.07	2.75
Corn chips, blue corn	1 oz	0.01	2.64
Sweet potato fries	1 oz	0.11	2.01
French fries, MacDonalds	Medium order	1.09	7.80
Nachos with cheese	20 chips	0.66	8.41
Kind Fruit & Nut Bar	1 bar	0.12	2.16
Kind Bar Peanut/ Dark Chocolate	1 bar	0.28	2.85
Rice crackers	1 oz	0.01	0.76
Ritz crackers	1 oz	0.38	3.79
Dark chocolate bar	1 oz	<0.01	0.35

Cereal, Grains, Bread, Pasta	Serving Size	Grams ω -3 ALA	Grams ω -6 LA
Oatmeal, regular cooking	1 cup	0.04	0.92
Kashi Go Lean Crunch	1 cup	0.22	0.74
Arrowhead Mills 7 Grain	1 cup	0.03	0.45
Crispy brown rice cereal	1 cup	0.01	0.25

Granola Cascadian Farm	1 cup	0.06	1.16
Wheat bread	1 slice	0.03	0.29
Sourdough	1 slice	0.03	0.47
Rye bread	1 slice	0.02	0.24
Gluten-free bread	1 slice	0.03	0.41
Pasta, whole wheat, cooked	1 cup	0.01	0.28
Pasta, corn, cooked	1 cup	0.01	0.44
Pasta, brown rice, cooked	1 cup	0	0
Buckwheat soba noodles, cooked	1 cup	<0.01	0.03
Brown rice, steamed	1 cup	0.03	0.60
Millet, cooked	1 cup	0.05	0.84
Quinoa, cooked	1 cup	0.19	1.80
Buckwheat groats, cooked	1 cup	0.07	0.87
Vegetables	Serving Size	Grams ω-3 (ALA)	Grams ω-6 LA
Spinach	1 cup	0.04	<0.01
Romaine lettuce, shredded	1 cup	0.05	0.02
Kale, 1" pieces	1 cup	0.03	0.02
Swiss chard	1 cup	<0.01	0.02
Lettuce, mixed greens	1 cup	0.04	0.02
Collards	1 cup	0.04	0.03
Arugula	1 cup	0.03	0.03
Broccoli, chopped	1 cup	0.02	0.02
Cauliflower, chopped	1 cup	0.02	0.01
Brussels sprouts, cooked	1 sprout	0.04	0.02
Corn	1 cup	0.01	0.51
Olives, black, green	1 medium	0.01	0.035
Beans, legumes	Serving Size	Grams ω-3 (ALA)	Grams ω-6 LA
Garbanzos, canned, drained	1 cup	0.06	1.53
Hummus	1 TBLS	0.01	0.54

Black beans, canned, drained	1 cup	0.30	0.23
Pinto beans, canned, drained	1 cup	0.27	0.20
Lentils, cooked from dried	1 cup	0.07	0.27
Split peas, canned, drained	1 cup	0.05	0.27
Split pea soup w/out meat, canned	1 cup	0.11	0.78
Navy beans, canned, drained	1 cup	0.32	0.25
Tofu, firm	4 oz	0.73	5.47
Natto	1 cup	1.28	9.58