

What's Rich in Omega-6? Try to **DECREASE** intake of these

- All regular meat - beef, chicken (non grass fed)
- All nuts (with very few exceptions)
- Peanut butter & other nut butters
- All cookies, cakes, commercial desserts
- All commercial snacks, chips, popcorn, any packaged snack

What's Rich in Omega 3? Try to **substantially increase** intake of these

- Fish
- Flax seed
- Avocados
- EFA supplements
- (Walnuts)

1. **Oils - Content of OM3 & OM6 Essential Fatty Acids**

Approx' EFA content in grams per 100 grams.

INCREASE items in OM3 column if not high in OM6 columnn; try to **omit all oils** in the OM6 column.

Omega-3s (100g)	(g)	Omega-6s (100g)	(g)
Flaxseed oil	58	Safflower oil	74
[Walnut oil]	11.5	Grapeseed oil	68
Canola / Rapeseed oil	7	Sunflower oil	63
Wheatgerm oil	5	[Walnut oil]	58
		Soybean oil	51
		Corn oil	50

2. **Nuts - Content of OM3 & OM6 Essential Fatty Acids**

Approx' EFA content in grams per 100 grams.

INCREASE items in OM3 column if not high OM6 content

Omega-3s (100g)	(g)	Omega-6s (100g)	(g)
[Walnuts]	5.5	[Walnuts]	28
Hazelnuts	trace	Hazelnuts	4
Cashews	trace	Cashews	8
Almonds	trace	Almonds	10
Brazils	trace	Brazils	23

3. **Seeds -Content of Omega-3 and Omega-6 Essential Fatty Acids in Seeds**

Approx' EFA content in grams per 100 grams.

INCREASE items in OM3 column if not high OM6 content

Omega-3s (100g)	(g)	Omega-6s (100g)	(g)
Flax / Linseeds [need to be crushed for absorption]	15-25	Flax / Linseeds	6
Pumpkin seeds	7-10	Pumpkin seeds	20
Sunflower seeds	trace	Sunflower seeds	30
Sesame seeds	trace	Sesame seeds	25
Pine nuts	1	Pine nuts	25

Intended for guidance only purposes ● Always consult your Doctor/Vet

4. Approximate Omega-3 (EPA/DHA) content of fresh uncooked Fish
*Approx' EFA content in grams per 100 grams. **INCREASE** intake of High OM3 Fish.*

Fish (100g) [40 Listed]	Omega-3 (g)
Mackerel	2.2
Spiny Dogfish	2.0
Herrings	1.7
Sardines	*1 1.7
Pilchards	*2 1.7
Tuna (bluefin)	1.6
Trout (lake)	1.6
Sturgeon (Atlantic)	1.5
Salmon = 9th from 40	1.4
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	0.6
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
Shrimps	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, Haddock, Pike [3]	0.1 0.1 0.1

***1 & *2** – drain off brine & carrier oils or wash off tomato sauce (due to potential chemical element or OM6 carrier oils)

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