

Mighty Fats: The Omega-3s

What are Essential Fatty acids?

Essential Fatty acids are the necessary fats that our body cannot make and hence must be obtained from food sources.

Why are essential fatty acids (EFA's) important?

A primary Function of EFA's is the production of chemical substances, which regulate body functions such as :

- Heart rate
- Blood clotting
- Inflammation
- Blood pressure
- Fertility and conception



Plant sources of Omega-3s

Food (serving size)	Omega-3 (g)
OILS	
Flax seed (1 TBSP)	6.6
Canola (1 TBSP)	1.6
Walnut (1 TBSP)	1.4
Soy (1 TBS)	1.0
NUTS & SEEDS	
Ground Flax Seeds (2 TBSP)	3.2
English Walnuts (2 TBSP)	1.0
VEGETABLES/FRUITS/LEGUMES	
Cooked Soya Beans (1 cup)	1.1
Firm Tofu (1/2 cup)	.7
Medium Tofu (1/2 cup)	.4
Soya Milk (1 cup)	.4
Berries (1 cup)	.2
Peas (1/2 cup)	.2
Legumes (1/2 cup)	.05
Green Leafy Vegetables (broccoli, kale, Chinese greens, salad greens) (1 cup raw or 1/2 cup cooked)	.4
GRAINS	
Wheat Germ (2 TBSP)	.1
Oat Germ (2 TBSP)	.2

Functional foods are the foods that fortified with Omega-3 fatty acids or ALA

Functional Foods	Omega-3 (g) per serving/label
"Pete & Jerry" Organic eggs	200 mg/egg
"Barilla" Past Plus Rotini	200 mg ALA/Ser
Buffalo meat	1.4
Waffles Van's Organic Soy & Flax	1200 mg
Hemp Plus "Life Stream" Waffles	1500 mg
"Health Valley" Cereals Organic Golden Flax	1000 mg
Smart Balance Peanut Butter	100 mg
"Natures Path" Organic Flax Plus Multi-Bran Cereal	500 mg
"Back to Nature" Flax and Fiber Crunch Cereal	Amount not specified
"Natures Path" Optimum Power BF Cereal	500 mg



Fish is a rich source of Omega-3s

Sea Food	Omega-3 (g) per serving, 3 oz.
Caned tuna (light)	0.26-0.73
Shrimp	0.27
Pollock	0.46
Salmon (fresh, frozen)	0.68-1.83
Cod	0.13-0.24
Catfish	0.15-0.20
Clams	0.24
Flounder or sole	0.43
Crabs	0.34-0.40

For more information, contact the
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