

# Omega-3 Fats

*This handout explains what omega-3 fats are, why they are important for health, and how much people need each day. It also shares simple ways to eat more of them, and information about supplements.*

## What Are Omega-3 Fats?

Fat is an important part of a healthy diet. Omega-3 fats are a type of healthy unsaturated fat. They can help lower inflammation (swelling) in the body. Eating foods that are high in omega-3 fats may also help support brain health, heart health, the immune system, and gut health. There are 3 types of omega-3 fats:

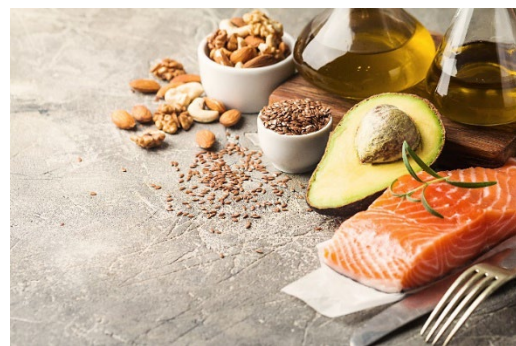
- **EPA** and **DHA** are found in fatty fish.
- **ALA** is found in plant foods

## How Much Omega-3 Do You Need?

The recommended daily amounts for adults are:

- **Assigned male at birth:** 1.6 grams per day
- **Assigned female at birth:** 1.1 grams per day
- **During pregnancy:** 1.4 grams per day

Recommendations may vary, especially for individuals undergoing hormone therapy.



*There are many ways to include Omega-3 fats in your diet each day.*

## Foods with Omega-3

Some foods naturally contain omega-3 fats, while others have omega-3s added to them (fortified foods). Foods high in omega-3 include:

- Fish and seafood, especially cold-water fatty fish such as salmon, mackerel, tuna, herring, and sardines
- Nuts and seeds, such as flaxseed, chia seeds, and walnuts
- Plant oils, such as flaxseed oil, soybean oil, and canola oil
- Fortified foods, such as some brands of eggs, yogurt, juice, milk, soy milk, and infant formula

## Easy Ways to Add More Omega-3 to Your Diet

- Use canned tuna, salmon, or sardines in sandwiches.
- Eat a handful (about ¼ cup) of walnuts as a snack.
- Choose foods with added omega-3s, such as soy milk, eggs, or yogurt. These foods are usually labeled on the package.
- Choose baked goods made with flaxseed or chia seeds.
- Add 1–2 tablespoons of chia seeds to oatmeal or other cereals.
- Cook with liquid oils such as canola oil or soybean oil.



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## Omega-3 Supplements

Omega-3 supplements include:

- Fish oil
- Krill oil
- Cod liver oil
- Algal oil (a vegetarian source made from algae)

High doses of omega-3 supplements can affect how some medicines work, including warfarin. Talk with your doctor before starting an omega-3 supplement.

## Foods High in Omega-3

Food	Serving Size	Grams of Omega-3
Salmon (fresh, wild)	3 ounces	1.5g
Salmon (fresh, farmed)	3 ounces	1.8g
Herring (cooked)	3 ounces	1.73g
Chia seeds	2 tablespoons	5g
Soy milk (fortified)	1 cup	.3g
Anchovies	2 ounces	1.2g
Flaxseed oil	1 tablespoon	7.26g
Soybean oil	1 tablespoon	0.92g
Oysters (raw)	3 ounces	0.6g
Walnuts	1 cup	3.3g
Edamame (soybeans)	½ cup	0.3g
Canola oil	1 tablespoon	1.28g
Sardines (canned)	3 ounces	1g
Tuna (canned in water)	3 ounces	0.2g
Tofu	½ cup	0.7g

## Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.