

Nutrition Facts: Omega-3 Content in Foods (High to Low)

Omega 3 mg

2542	Walnuts, raw unsalted Quantity: 5 whole 28g
2399	Flax Oil, organic cold-pressed unrefined Quantity: 1 tsp
2338	Flax seeds, organic (grind up to eat) Quantity: 1 Tbsp
1117	Salmon, frozen wild keta (Pacific) Quantity: 4oz 113g
707	Lettuce, romaine, raw Quantity: 1 head, 626g
370	Onion, yellow, raw Quantity: 1 medium
338	Cauliflower, green, raw Quantity: small head 325g
322	Legumes, navy beans, cooked Quantity: 1 cup 182g
311	Tuna Steak, frozen Ahi Yellow fin Quantity: 4oz 113g
297	Legumes, red kidney beans, cooked Quantity: 1 cup 177g
295	Mustard Seed, yellow Quantity: 1 Tbsp 11g
292	Avocado (green), Florida raw Quantity: 1 fruit 304g
280	Edamame, organic, frozen whole pods Quantity: 1/2 cup 113g
278	Cloves, ground Quantity: 1 Tbsp
276	Pecans, raw unsalted Quantity: 19 halves 28g
269	Tilapia, cooked dry heat Quantity: 4oz 100g
239	Tuna, pouch in water, chunk light low sodium Quantity: 3 oz 85g
232	Strawberries, raw organic Quantity: 1 pint 357g
225	Butter, unsalted Quantity: 2 Tbsp 28g
216	Flour, rye 100% stone ground whole grain Quantity: 1 cup, 148g
202	Wheat Germ, raw Quantity: 2 Tbsp 16g
185	Onion, yellow, raw Quantity: 1 small
181	Legumes, black beans, cooked Quantity: 1 cup 172g
174	Blueberries, unsweetened frozen Quantity: 1 cup 155g
164	Turkey, ground 93/7 lean Quantity: 4oz
155	Raspberries, raw Quantity: 1 cup 123g
155	Broccoli, frozen Green Giant Steamers Quantity: 2 cups
150	Avocado (black), California raw Quantity: 1 fruit 201g
149	Legumes, great northern beans, cooked Quantity: 1 cup 177g
146	Avocado (green), Florida raw Quantity: 1/2 fruit 152g
146	Turkey Sausage, lean, sweet Quantity: 1 link 91g
143	Spinach, canned, no salt added Quantity: 1/2 cup 115g
140	Tarragon, ground Quantity: 1 Tbsp 5g
133	Legumes, black beans, canned Quantity: 1/2 cup 130g
124	Blackberries, frozen Quantity: 1 cup 151g
121	Kale greens, raw Quantity: 1 cup chopped 67g
121	Squash spaghetti, cooked no salt Quantity: 1 cup 155g
117	Spinach, baby raw Quantity: 2 cups 85g
114	Flour, barley Quantity: 1 cup 148g
113	Butter, unsalted Quantity: 1 Tbsp 7g
110	Squash zucchini (summer) Quantity: 1 medium
103	Olive Oil Quantity: 1 Tbsp 14g
99	Swiss Cheese Quantity: 1 slice, 1oz, 28g
98	Cauliflower, white, raw Quantity: 1 small, 265g
96	Strawberries, raw organic Quantity: 8 medium 147g
95	Lettuce, romaine hearts organic Quantity: 2 leafs 3oz
88	Leeks, raw Quantity: 1 leek 89g
87	Brussels sprouts Quantity: 3 whole, 88g
87	Ricotta Cheese, part skim milk Quantity: 1/2 cup 24g
86	Blueberries, raw organic Quantity: 1 cup 148g
85	Flour, buckwheat Quantity: 1 cup 120g
84	Turnip greens, raw Quantity: 2 cups 100g
82	Turkey, sausage links 90/10 lean, Jennie-O Quantity: 2 links 56g
78	Turkey, ground breast 99% lean Quantity: 4oz
77	Mango, raw Quantity: 1 fruit 207g
75	Avocado (black), California raw Quantity: 1/2 fruit 100g
73	Legumes, lentils, cooked Quantity: 1 cup 198g
73	Oregano, dried Quantity: 1 tsp
72	Pistachio nuts, raw Quantity: 49 nuts 28g
68	Almond Butter Quantity: 1 Tbsp
67	Cauliflower, green, raw Quantity: 1 cup 64g
66	Flour, brown rice Quantity: 1 cup 158g
64	Cantaloupe, raw organic Quantity: 1/4 medium 138g
61	Paprika Quantity: 1 Tbsp 7g
60	Chicken, breast tenderloins boneless skinless Quantity: 112g
58	Macadamia nuts, raw Quantity: 12 nuts 28g
58	Bean Sprouts, alfalfa Quantity: 1 cup 33g
55	Chili powder, ground Quantity: 1 Tbsp
55	Vegetable Protein Powder Quantity: 2 Tbsp 20g
54	Peas, canned Lesueur (baby) -50% sodium Quantity: 1 cup 175g
51	Jicama (yambean), raw Quantity: 1 small 365g

51	Pumpkin seeds, dried hulled Quantity: 1/4 cup 30g
51	Peas green, raw Quantity: 1 cup 145g
50	Turnip, cooked Quantity: 1 cup cubes 156g
49	Squash butternut (winter), cooked no salt Quantity: 1 cup cubed 205g
49	Turnip, raw Quantity: 1 medium 122g
49	Marjoram, dried Quantity: 1 Tbsp 2g
45	Flour 100% Whole Wheat organic stone ground Quantity: 1 cup 120g
45	Sour Cream, light Quantity: 1oz 28g
44	Peas, frozen Quantity: 1 cup 134g
43	Oats, rolled, quick organic Quantity: 1/2 cup 40g
42	Milk, 1% fat organic Quantity: 1 cup 246g
41	Spinach, frozen, organic Quantity: 1 cup
41	Honeydew melon, raw Quantity: 1/8 of 5"melon
41	Legumes, dark red kidney beans, canned Quantity: 1/2 cup 130g
41	Pepper, sweet red raw Quantity: 1 large 164g
40	Cabbage, red, raw, chopped Quantity: 1 cup 89g
40	Green beans, raw Quantity: 20 beans 1 cup 110g
39	Eggs, organic Quantity: 1 large
39	Bok Choy, raw, shredded Quantity: 1 cup 70g
38	Beef, ground round 85% lean (cooked) Quantity: 3oz 85g
38	Bison Burger (cooked) Quantity: 3oz 85g
38	Kiwi fruit, raw (without skin) Quantity: 1 large 91g
38	Papaya, raw Quantity: 1 small 152g
37	Cauliflower, white, raw Quantity: 1 cup 100g
35	Cranberry Juice, unsweetened Quantity: 1/2 cup 4oz
35	Rosemary, dried Quantity: 1 Tbsp 3g
35	Red Pepper Flakes (cayenne) Quantity: 1 Tbsp 5g
34	Beef, ground sirloin 90% lean (cooked) Quantity: 3oz 85g
34	Olive Oil, extra virgin Quantity: 1 tsp
34	Sesame seeds, whole, dried Quantity: 1 Tbsp 9g
33	Pumpkin: canned Quantity: 15oz 425g
33	Turmeric, ground Quantity: 1 Tbsp
32	Banana, whole Quantity: 1 medium 118g
32	Buttermilk, low fat cultured Quantity: 1 cup 245g
32	Cabbage, red, raw, shredded Quantity: 1 cup 70g
31	Pasta, Capellini 100% whole wheat Quantity: 2oz 56g
31	Pasta, Rotini 100% whole wheat Quantity: 2oz 56g
31	Pasta, Spaghettini 100% whole wheat Quantity: 2oz 56g
30	Basil, dried leaves Quantity: 1 Tbsp 2g
29	Thyme, ground Quantity: 1 Tbsp
28	Pineapple, raw Quantity: 1 cup chunks 165g
27	Banana, whole Quantity: 1 small 101g
27	Rice, brown long grain organic Quantity: 1/4 cup 45g
27	Sunflower Oil high oleic 70% Quantity: 1 Tbsp 14g
26	Olives, green canned Quantity: 14 whole 28g
25	Peanut butter, creamy organic Quantity: 2 Tbsp
25	Sage, ground Quantity: 1 Tbsp
24	Beef, ground beef 95% lean (cooked) Quantity: 3oz 85g
22	Cranberries, raw Quantity: 1 cup 100g
22	Pasta, Egg Noodles, wide 100% whole grain Quantity: 1/4 cup dry 56g
21	Sunflower seeds: whole, dried Quantity: 1oz 28g
20	Corn, yellow frozen, microwaved Quantity: 1 cup 141g
19	Broccoli, raw chopped Quantity: 1 cup 91g
19	Corn, sweet, yellow cooked Quantity: medium ear 103g
18	Bay Leaf Quantity: 1 Tbsp
18	Cherries, sweet, raw Quantity: 9 whole 70g
18	Olives, ripe canned Quantity: 7 large 28g
17	Cashews, raw whole Quantity: 1oz 28g
17	Potato, Red (cooked) with skin no salt Quantity: 1 medium 173g
17	Potato, Russet (cooked) with skin no salt Quantity: 1 medium 173g
17	Jicama (yambean), raw Quantity: 1 cup slices 120g
17	Bean Sprouts, mung Quantity: 1 cup 104g
17	Pasta, Spinach (cooked) Quantity: 2oz 56g
16	Apple, raw organic Quantity: 1 medium
16	Tangerines, (mandarin oranges) raw Quantity: 1 medium 88g
15	Ginger, ground Quantity: 1 Tbsp 5g
15	Cucumber, raw with peel Quantity: 8" whole 301g
15	Lemon, raw Quantity: 1 small 58g
15	Eggplant, cooked, boiled, drained, without salt Quantity: 1 cup 99g
14	Orange Juice, raw Quantity: 1/2 cup 4oz
13	Apple, raw organic Quantity: 1 small 149g

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13	Pepper, sweet green raw Quantity: 1 large 164g
13	Lime, raw Quantity: 1 small 67g
13	Orange, navel Quantity: 1 medium
12	Tomato paste, Full Circle organic Quantity: 6oz can
11	Cottage Cheese, low fat 2% milkfat Quantity: 1/2 cup 113g
11	Cumin, seed Quantity: 1 Tbsp
10	Cottage Cheese, low fat 1% milkfat Quantity: 1/2 cup 113g
10	Asparagus, spears Quantity: 6, 7"spears 100g
10	Black Pepper Quantity: 1 Tbsp 6g
10	Caraway seed Quantity: 1 Tbsp 6g
10	Grapefruit, raw (pink or red) Quantity: 1/2 fruit 230g
9	Peas, sugar snap, raw Quantity: 20 pods 68g
8	Ginger root, raw Quantity: 1/4 cup sliced 24g
8	Tomatoes, canned diced, no salt added Quantity: 14.5oz can
7	Applesauce, unsweetened Quantity: 1 cup 244g
7	Bread, Whole Grain Sandwich Thins Quantity: 2 slices
7	Bread, Whole Grain, Pepperidge Farm double fiber Quantity: 1 slice, 43g
7	Beets, canned slices Quantity: 1 cup 170g
6	Grape juice, Welch's unsweetened Quantity: 1/2 cup 4oz
5	Grapes, raw seedless (red or purple) Quantity: 10 whole 49g
5	Brazil Nuts, raw Quantity: 6 nuts 28g
5	Beets, cooked Quantity: 2 beets 100g
5	Milk, fat free Quantity: 1 cup 246g
5	Parsley, raw Quantity: 1 cup 60g
5	Parsnip, cooked Quantity: 1 (9"long) 160g
5	Plums, dried Sun-maid Quantity: 3 pitted 28g
5	Prunes, raw Quantity: 3 whole 28g
5	Potato, Sweet (cooked) with skin no salt Quantity: 1 medium 114g
5	Tomato cherry, raw Quantity: 5 whole 1 cup
4	Allspice Quantity: 1 Tbsp 5g
4	Parsnip, raw Quantity: 1 cup slices, 133g
4	Ginger root, raw Quantity: 5 slices (1"diam) 11g
4	Tomato, raw Quantity: 1 medium 123g
4	Garlic, raw organic Quantity: 6 cloves 18g
3	Peach, frozen slices organic Quantity: 3/4 cup 140g
3	Peach, raw Quantity: 1 medium 150g
3	Apple Butter, no sugar added, organic Quantity: 1 Tbsp 17g
3	Nectarine, raw Quantity: 1 medium 142g
3	Yogurt, organic plain lowfat Quantity: 1 cup 227g
3	Yogurt, organic plain nonfat Quantity: 1 cup 227g
2	Garlic, raw organic Quantity: 3 cloves 9g
2	Raisins Quantity: 50 whole 26g
2	Almonds, raw whole Quantity: 24 nuts 28g
2	Lemon grass (citronella), raw Quantity: 1 Tbsp 5g
1	Tomatoes, canned crushed, no salt added Quantity: 1/4 cup 63g
1	Yogurt, organic Greek plain nonfat Quantity: 5.3oz 150g
1	Carrot, raw Quantity: 1 medium 61g
1	Mushrooms, portabella caps Quantity: 3 caps 100g