

World's	Highest	Ranked	Sources	of	Omega	3
Food	Serving	kCalories	Grams	Daily value %	Density	Rating
Flax Seeds	2 tbs ground	95.3	3.51	146.39	27.6	excellent
Walnuts	0.25 cup	163.5	2.27	94.6	10.4	excellent
Oregano,	2 tsp dried	9.2	0.12	5.0	9.8	V good
Cauliflower,	1 cup stmd	28.5	0.21	8.8	5.5	V good
Sardines	3.20 oz	191.4	1.36	56.7	5.3	V good
Romaine Lettuce	2 cups	15.7	0.11	4.6	5.2	V good
Beef grass-fed	4 oz	175.0	1.10	45.8	4.7	V good
Salmon	4oz ckd	261.9	1.47	61.2	4.5	V good
Cabbage	1 cup ckd	33.0	0.17	7.1	3.9	V good
Broccoli,	1 cup stmd	43.7	0.20	8.3	3.4	V good
Brussels Sprouts	1 cup ckd	60.8	0.26	10.8	3.2	good
Summer squash	1 cup ckd	36.0	0.15	6.3	3.1	good
Tofu	4 oz	86.2	0.36	15.0	3.1	good
Halibut	4 oz	158.8	0.62	25.8	2.9	good
Spinach	1 cup ckd	41.4	0.15	6.3	2.7	good
Collard Greens	1 cup ckd	49.4	0.18	7.5	2.7	good
Kale	1 cup ckd	36.4	0.13	5.4	2.6	good
Soybeans	1 cup ckd	297.6	1.03	42.9	2.6	good
Shrimp cooked	4 oz	112.3	0.37	15.4	2.5	good
Turnip Greens	1 cup ckd	28.8	0.09	3.8	2.3	good
Cod	4 oz	119.1	0.32	13.3	2.0	good
Snapper	4 oz bakd	145.2	0.36	15.0	1.9	good
Miso	1 tbs	34.2	0.08	3.3	1.8	good
Scallops baked	4 oz	151.7	0.35	14.6	1.7	good
Green Beans	1 cup raw	31.0	0.07	2.9	1.7	good
Tuna	4 oz	157.6	0.33	13.8	1.6	good
Raspberries	1 cup	60.3	0.12	5.0	1.6	good
Strawberries	1 cup	46.1	0.09	3.8	1.5	good
	DV = 75%	OR	Density =7.6	AND	DV = 10%	excellent
	DV = 50%	OR	Density =3.4	AND	DV = 5%	very good
	DV = 25%	OR	Density =1.5	AND	DV = 2.5%	good