

## Omega-3 and Omega-6 Content of Common Foods

There are 2 fats considered "essential fatty acids", meaning that your body can't make them and you need to include them in your diet on a regular basis. Imbalances and deficiencies of these fats can adversely affect your health.

The typical Western diet is too high in omega-6 fats and too low in omega-3 fats. This can contribute to excessive inflammation and hormone imbalance. **It is recommended that you keep your daily ratio of omega-6 to omega-3 to between 1:1 and 3:1.** Higher ratios are associated with inflammatory diseases, depression, autoimmune conditions and other degenerative disease.

This spreadsheet contains several tabs. Each tab contains a copy of a chart listing the omega-3 and omega-6 content of some common foods and the ratio of omega-6 to omega-3 fats. There is also a work area where you can put in the amounts of each food and determine the overall ratio in a recipe or in a day's meals.

There are 5 additional tabs, each with a recipe at the top and a completed spreadsheet for the ingredients. At the bottom, you can see the total omega-3 and omega-6 fats and the calorie count of the foods listed. The calorie counts are not completely accurate because not all calorie counts are filled in the chart.

The government database from which most of the nutrients were drawn is on a website that's listed on the spreadsheet. Feel free to add foods to the chart, add calorie values for the missing ones and update the sheet however you'd like. If you do, I'd appreciate if you could share with me so that I can pass it on to the group.

Enjoy with my Blessings,

## Omega-3 and Omega-6 Content of Common Foods

<http://www.nal.usda.gov/fnic/foodcomp/search/>

### Recommended Daily Intakes

ALA: 2.2 gm per day

EPA/DHA .65 gm/day

Estimated that only 10% of ALA converts to EPA/DHA. Vegans need to add an extra 6.5 gms ALA per day to ensure getting adequate EPA. Coconut improves this conversion. In certain inflammatory illnesses, up to 10 grams of EPA may be needed.

\*\*Range of ALA-to-EPA conversion has been shown in a variety of studies to be between 3% and 36% depending, on diet and lifestyle factors.

Seeds		Calories	Total n-3 FA (g)	Total n-6 FA (g)	n-6/n-3 Ratio	Quantity	Total Calories	Total n3	Total n6
Flax seeds	1 oz - 2 Tbs	157	1.80	0.40	0.22	0.00	0.00	0.00	0.00
Flax seed oil	1 Tbs - 13 g	120	7.25	1.73	0.24	0.00	0.00	0.00	0.00
Hemp seeds	1 oz.	170	2.80	8.40	3.00	0.00	0.00	0.00	0.00
Chia seeds	1 oz.	139	5.00	1.60	0.32	0.00	0.00	0.00	0.00
Pumpkin seeds, shelled	1 oz.		0.10	5.40	54.00	0.00	0.00	0.00	0.00
Poppy seeds	1 oz.		0.10	8.60	86.00	0.00	0.00	0.00	0.00
Sesame seeds	1 oz.		0.10	6.76	67.57	0.00	0.00	0.00	0.00
Sunflower seeds	1 oz.		0.10	8.50	85.00	0.00	0.00	0.00	0.00

Fish & Meat		Calories	Total n-3 FA (g)	Total n-6 FA (g)	n-6/n-3 Ratio	Quantity	Total Calories	Total n3	Total n6
Salmon	3 oz.	121	1.47	0.14	0.10	0.00	0.00	0.00	0.00
			0.273 ALA			0.00	0.00	0.00	0.00
			.251 EPA			0.00	0.00	0.00	0.00
			.948 DHA			0.00	0.00	0.00	0.00
Beef	3 oz.	180	0.05	0.22	4.31	0.00	0.00	0.00	0.00

Nuts and High fat Foods		Calories	Total n-3 FA (g)	Total n-6 FA (g)	n-6/n-3 Ratio	Quantity	Total Calories	Total n3	Total n6
Walnuts	1 oz.		2.6	10.8	4.15	0.00	0.00	0.00	0.00
Pecans	1 oz.		0.28	5.8	20.71	0.00	0.00	0.00	0.00
Almonds	1 oz.		0.002	3.4	1700.00	0.00	0.00	0.00	0.00
Cashews	1 oz.		0.02	2.2	110.00	0.00	0.00	0.00	0.00
Macadamia nuts	1 oz.	204	0.058	0.37	6.38	0.00	0.00	0.00	0.00
Coconut	1 oz.	187	0	0.11	N/A	0.00	0.00	0.00	0.00
Coconut oil	1 Tbs	120	0	0.1	N/A	0.00	0.00	0.00	0.00
Pistachios	1 oz.	159	0.07	3.83	54.71	0.00	0.00	0.00	0.00
Hazelnuts	1 oz.	178	0.025	2.21	88.40	0.00	0.00	0.00	0.00
Pine nuts	1 oz.		0.05	9.4	188.00	0.00	0.00	0.00	0.00
Cacao	1 cup	186	0	0.378	N/A	0.00	0.00	0.00	0.00
Avocado	1 med (136 g)		0.17	2.28	13.41	0.00	0.00	0.00	0.00

Beans and Grains		Calories	Total n-3 FA (g)	Total n-6 FA (g)	n-6/n-3 Ratio	Quantity	Total Calories	Total n3	Total n6
Soybeans, dried, cooked	½ cup		0.50	3.80	7.60	0.00	0.00	0.00	0.00
Tofu, regular	4 oz.		0.30	2.10	7.00	0.00	0.00	0.00	0.00
Black beans	1 cup		0.18	0.22	1.22	0.00	0.00	0.00	0.00
Lentils	1 cup		0.07	0.27	3.86	0.00	0.00	0.00	0.00
Pinto beans	1 cup		0.23	0.17	0.73	0.00	0.00	0.00	0.00
Peas, raw	1 cup		0.17	0.80	4.71	0.00	0.00	0.00	0.00
Corn meal	100 g		0.05	1.71	34.20	0.00	0.00	0.00	0.00
Corn, raw	1 ear		0.01	0.40	40.00	0.00	0.00	0.00	0.00
Quinoa	1 cup raw		0.44	5.06	11.45	0.00	0.00	0.00	0.00
Brown rice	1 cup cooked		0.03	0.60	22.33	0.00	0.00	0.00	0.00
Wild rice	1 cup raw	571	0.48	0.60	1.26	0.00	0.00	0.00	0.00
Buckwheat	1 cup raw	583	0.13	1.63	12.29	0.00	0.00	0.00	0.00
Greens		Calories	Total n-3 FA (g)	Total n-6 FA (g)	n-6/n-3 Ratio	Quantity	Total Calories	Total n3	Total n6
Spinach, raw	10 oz bag		0.39	0.07	0.18	0.00	0.00	0.00	0.00
Green leaf lettuce	1 head (360 g)		0.21	0.09	0.43	0.00	0.00	0.00	0.00
Red leaf lettuce	1 cup		Trace	Trace	1.50	0.00	0.00	0.00	0.00
Boston or Bibb lettuce	1 cup		Trace	Trace	1.50	0.00	0.00	0.00	0.00
Chard, cooked	½ cup		0	Trace	0.00	0.00	0.00	0.00	0.00
Turnip greens, cooked	½ cup		Trace	Trace	0.50	0.00	0.00	0.00	0.00
Dandelion greens, cooked	½ cup		0.1	Trace	0.80	0.00	0.00	0.00	0.00
Kale, raw	2 cups		0.24	0.18	0.90	0.00	0.00	0.00	0.00
Beet greens, cooked	½ cup		Trace	Trace	4.00	0.00	0.00	0.00	0.00
Collard greens, cooked	½ cup		0.1	0.1	0.80	0.00	0.00	0.00	0.00
Mustard greens, cooked	½ cup		Trace	Trace	0.50	0.00	0.00	0.00	0.00
Purslane, raw	1 cup		0.3	0.3	1.00	0.00	0.00	0.00	0.00
Spirulina	1 Tbs (7 g)		0.06	0.09	1.50	0.00	0.00	0.00	0.00

	Calories	Omega 3	Omega 6
<b>TOTALS</b>	0.00	0.00	0.00

Overall Omega 6:3 Ratio #DIV/0!

## Dr. Ritamarie's Omega-3 Rich Chia Pudding

### Ingredients:

- \* 3/8 cup chia seeds (5 Tablespoons), equivalent to (2 oz)
- \* 1 cup finely shredded dried coconut (3 oz)
- \* 3 1/2 teaspoons hemp seeds (1 oz)
- \* 2 tablespoons flax seed, measured then ground (1 oz)
- \* 2 1/2 cups water
- \* 1 tablespoon cinnamon
- \* 2 cups finely chopped green apple
- \* Pinch of salt

### Directions:

1. Place chia, flax, hemp, and coconut in a bowl.
2. Cover with water and let sit for 15 minutes to thicken.
3. Add the cinnamon, salt, and chopped apple.
4. Stir well. If too thick, you can thin with water or nut or seed milk (choose low omega-6 nuts or seeds).
5. Add extra cinnamon or other spices to taste... vanilla, cardamom, or anything you like.

**Variations:** Top with goji berries, cacao nibs, raisins, pomegranate powder, or other things you like, keeping in mind your glycemic load if blood sugar is an issue for you.

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Flax seed oil	1 Tbs - 13 g	120	7.25	1.73	0.24	0.00	0.00	0.00	0.00
Hemp seeds	1 oz.	170	2.80	8.40	3.00	1.00	170.00	2.80	8.40
Chia seeds	1 oz.	139	5.00	1.60	0.32	2.00	278.00	10.00	3.20
Pumpkin seeds, shelled	1 oz.		0.10	5.40	54.00	0.00	0.00	0.00	0.00
Poppy seeds	1 oz.		0.10	8.60	86.00	0.00	0.00	0.00	0.00
Sesame seeds	1 oz.		0.10	6.76	67.57	0.00	0.00	0.00	0.00
Sunflower seeds	1 oz.		0.10	8.50	85.00	0.00	0.00	0.00	0.00

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Coconut	1 oz.	187	0	0.11	N/A	3.00	561.00	0.00	0.33
Coconut oil	1 Tbs	120	0	0.1	n/a	0.00	0.00	0.00	0.00
Brazil nuts	1 oz.		0.1	7.2	72.00	0.00	0.00	0.00	0.00
Pistachios	1 oz.	159	0.07	3.83	54.71	0.00	0.00	0.00	0.00
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Soybeans, dried, cooked	½ cup		0.50	3.80	7.60	0.00	0.00	0.00	0.00
Tofu, regular	4 oz.		0.30	2.10	7.00	0.00	0.00	0.00	0.00
Black beans	1 cup		0.18	0.22	1.22	0.00	0.00	0.00	0.00
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Corn meal	100 g		0.05	1.71	34.20	0.00	0.00	0.00	0.00
Corn, raw	1 ear		0.01	0.40	40.00	0.00	0.00	0.00	0.00
Quinoa	1 cup raw		0.44	5.06	11.45	0.00	0.00	0.00	0.00
Brown rice	1 cup cooked		0.03	0.60	22.33	0.00	0.00	0.00	0.00
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Green leaf lettuce	1 head (360 g)		0.21	0.09	0.43	0.00	0.00	0.00	0.00	
Red leaf lettuce	1 cup		Trace	Trace	1.50	0.00	0.00	0.00	0.00	
Boston or Bibb lettuce	1 cup		Trace	Trace	1.50	0.00	0.00	0.00	0.00	
Chard, cooked	½ cup		0	Trace	0.00	0.00	0.00	0.00	0.00	
Turnip greens, cooked	½ cup		Trace	Trace	0.50	0.00	0.00	0.00	0.00	
Dandelion greens, cooked	½ cup		0.1	Trace	0.80	0.00	0.00	0.00	0.00	
Kale, raw	2 cups		0.24	0.18	0.90	0.00	0.00	0.00	0.00	
Beet greens, cooked	½ cup		Trace	Trace	4.00	0.00	0.00	0.00	0.00	
Collard greens, cooked	½ cup		0.1	0.1	0.80	0.00	0.00	0.00	0.00	
Mustard greens, cooked	½ cup		Trace	Trace	0.50	0.00	0.00	0.00	0.00	
Purslane, raw	1 cup		0.3	0.3	1.00	0.00	0.00	0.00	0.00	
Spirulina	1 Tbs (7 g)		0.06	0.09	1.50	0.00	0.00	0.00	0.00	
								Calories	Omega 3	Omega 6
<b>TOTALS</b>								1166.00	14.60	12.33
								Overall Omega 6:3 Ratio	0.84	

## Dr. Ritamarie's Super-Omega Peppermint Patties

### Ingredients:

- \* 1/2 cup hemp seeds (about 3 oz)
- \* 1/2 cup raw macadamia nuts
- \* 1 teaspoon flax seed oil
- \* 7 teaspoons cup raw macadamia nuts
- \* 1 cup dried coconut shreds
- \* 1/8 teaspoon green stevia or 1 cup dates
- \* 1 Tablespoon each chlorella and blue-green algae powder (or your favorite green powder)
- \* 3 drops peppermint essential oil

### Chocolate Coating (optional):

- \* 1/2 cup cacao powder
- \* 1/8 cup cacao butter, melted (optional)
- \* 1/8 cup coconut oil
- \* 1/4 cup Artisana coconut butter
- \* 1/4 cup dates, pitted
- \* 2 drops mint essential oil

### Directions:

1. Process the filling in a food processor until almost smooth.
2. Press the filling into silicone molds, disposable mini-cupcake papers, or any other shapes desired. If you prefer, you can spread it on a piece of wax paper and score into desired sizes.
3. Freeze the filling for at least half an hour.
4. Blend all sauce ingredients together.
5. Pop the filling from the molds or cut into desired sizes.
6. Dip the filling pieces into the chocolate sauce.
7. Place carefully on a piece of wax paper to harden. Store in freezer.

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Flax seed oil	1 Tbs - 13 g	120	7.25	1.73	0.24	0.34	40.80	2.46	0.59
Hemp seeds	1 oz.	170	2.80	8.40	3.00	3.00	510.00	8.40	25.20
Chia seeds	1 oz.	139	5.00	1.60	0.32	0.00	0.00	0.00	0.00
Pumpkin seeds, shelled	1 oz.		0.10	5.40	54.00	0.00	0.00	0.00	0.00
Poppy seeds	1 oz.		0.10	8.60	86.00	0.00	0.00	0.00	0.00
Sesame seeds	1 oz.		0.10	6.76	67.57	0.00	0.00	0.00	0.00
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Almonds	1 oz.		0.002	3.4	1700.00	0.00	0.00	0.00	0.00
Cashews	1 oz.		0.02	2.2	110.00	0.00	0.00	0.00	0.00
Macadamia nuts	1 oz.	204	0.058	0.37	6.38	3.00	612.00	0.17	1.11
Coconut	1 oz.	187	0	0.11	N/A	3.00	561.00	0.00	0.33
Coconut oil	1 Tbs	120	0	0.1	n/a	0.00	0.00	0.00	0.00
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Tofu, regular	4 oz.		0.30	2.10	7.00	0.00	0.00	0.00	0.00
Black beans	1 cup		0.18	0.22	1.22	0.00	0.00	0.00	0.00
Lentils	1 cup		0.07	0.27	3.86	0.00	0.00	0.00	0.00
Pinto beans	1 cup		0.23	0.17	0.73	0.00	0.00	0.00	0.00
Peas, raw	1 cup		0.17	0.80	4.71	0.00	0.00	0.00	0.00
Corn meal	100 g		0.05	1.71	34.20	0.00	0.00	0.00	0.00
Corn, raw	1 ear		0.01	0.40	40.00	0.00	0.00	0.00	0.00
Quinoa	1 cup raw		0.44	5.06	11.45	0.00	0.00	0.00	0.00
Brown rice	1 cup cooked		0.03	0.60	22.33	0.00	0.00	0.00	0.00
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Buckwheat	1 cup raw	583	0.13	1.63	12.29	0.00	0.00	0.00	0.00



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Boston or Bibb lettuce	1 cup		Trace	Trace	1.50	0.00	0.00	0.00	0.00	
Chard, cooked	½ cup		0	Trace	0.00	0.00	0.00	0.00	0.00	
Turnip greens, cooked	½ cup		Trace	Trace	0.50	0.00	0.00	0.00	0.00	
Dandelion greens, cooked	½ cup		0.1	Trace	0.80	0.00	0.00	0.00	0.00	
Kale, raw	2 cups		0.24	0.18	0.90	0.00	0.00	0.00	0.00	
Beet greens, cooked	½ cup		Trace	Trace	4.00	0.00	0.00	0.00	0.00	
Collard greens, cooked	½ cup		0.1	0.1	0.80	0.00	0.00	0.00	0.00	
Mustard greens, cooked	½ cup		Trace	Trace	0.50	0.00	0.00	0.00	0.00	
Purslane, raw	1 cup		0.3	0.3	1.00	0.00	0.00	0.00	0.00	
Spirulina	1 Tbs (7 g)		0.06	0.09	1.50	0.00	0.00	0.00	0.00	
								Calories	Omega 3	Omega 6
							<b>TOTALS</b>	1723.80	11.04	27.23
								Overall Omega 6:3 Ratio		2.47

## Dr. Ritamarie's Omega-Rich Italian Veggie Crisps

### Ingredients:

- 1 cup flax seeds plus water for soaking
- 1/2 cup chia seed plus 2-1/2 cups water for soaking
- 1/2 cup hemp seed
- 3-4 cups water, or more if needed
- 3 carrots
- 3 stalks celery
- 1 cup kale, finely minced
- 1 clove garlic
- 1 teaspoon salt
- 1 teaspoon kelp powder
- 1/4 cup Italian seasoning mix or other spices and herbs to taste

**Directions:** (if using a blender other than a Vitamix or other high powered one, blend in 2 batches)

1. In separate bowls, soak flax seeds and chia seeds 4 hours or longer. Cover chia with 2-1/2 cups water. Cover flax with enough water to double the volume of the seeds.
2. Cut carrots and celery into small pieces and place in blender or Vitamix with 1 cup water. Blend until liquefied. Add additional water if needed to achieve a pancake batter-like consistency.
3. Pour mixture into a large bowl.
4. Into the blender, place flax, chia, seasonings and as much additional water as needed to blend easily. Pulse blend until almost smooth. The mixture should be the consistency of pancake batter.
5. Pour mixture into bowl with carrot mixture, add hemp seeds and minced kale and stir well. Taste and add additional seasonings to taste.
6. Spread mixture onto teflex sheets and spread evenly over entire tray. It takes about 2 cups to cover a tray. Dehydrate at 110 degrees.
7. After a few hours, when the mixture has firmed enough to remove teflex sheet, turn onto mesh tray.
8. Score into desired shapes as desired for chips. Continue to dehydrate until crisp.

## Omega 3 and Omega 6 Content of Common Foods

<http://www.nal.usda.gov/fnic/foodcomp/search/>

### Recommended Daily Intakes

ALA: 2.2 gm per day

EPA/DHA .65 gm/day

Estimated that only 10% of ALA converts to EPA/DHA. Vegans need to add an extra 6.5 gms ALA per day to ensure getting adequate EPA. Coconut improves this conversion. In certain inflammatory illnesses up to 10 grams of EPA may be needed.

\*\*Range of ALA to EPA conversion has been shown in a variety of studies to be between 3% and 36%, depending on diet and lifestyle factors.

Seeds		Calories	Total n-3 FA (g)	Total n-6 FA (g)	n-6/n-3 Ratio	Quantity	Total Calories	Total n3	Total n6
Flax seeds	1 oz - 2 Tbs	157	1.80	0.40	0.22	8.00	1256.00	14.40	3.20
Flax seed oil	1 Tbs - 13 g	120	7.25	1.73	0.24	0.00	0.00	0.00	0.00
Hemp seeds	1 oz.	170	2.80	8.40	3.00	3.00	510.00	8.40	25.20
Chia seeds	1 oz.	139	5.00	1.60	0.32	3.00	417.00	15.00	4.80
Pumpkin seeds, shelled	1 oz.		0.10	5.40	54.00	0.00	0.00	0.00	0.00
Poppy seeds	1 oz.		0.10	8.60	86.00	0.00	0.00	0.00	0.00
Sesame seeds	1 oz.		0.10	6.76	67.57	0.00	0.00	0.00	0.00
Sunflower seeds	1 oz.		0.10	8.50	85.00	0.00	0.00	0.00	0.00

Fish & Meat		Calories	Total n-3 FA (g)	Total n-6 FA (g)	n-6/n-3 Ratio	Quantity	Total Calories	Total n3	Total n6
Salmon	3 oz.	121	1.47	0.14	0.10	0.00	0.00	0.00	0.00
			0.273 ALA			0.00	0.00	0.00	0.00
			.251 EPA			0.00	0.00	0.00	0.00
			.948 DHA			0.00	0.00	0.00	0.00
Beef	3 oz.	180	0.05	0.22	4.31	0.00	0.00	0.00	0.00
Nuts and High fat Foods		Calories	Total n-3 FA (g)	Total n-6 FA (g)	n-6/n-3 Ratio	Quantity	Total Calories	Total n3	Total n6
Walnuts	1 oz.		2.6	10.8	4.15	0.00	0.00	0.00	0.00
Pecans	1 oz.		0.28	5.8	20.71	0.00	0.00	0.00	0.00
Almonds	1 oz.		0.002	3.4	1700.00	0.00	0.00	0.00	0.00
Cashews	1 oz.		0.02	2.2	110.00	0.00	0.00	0.00	0.00
Macadamia nuts	1 oz.	204	0.058	0.37	6.38	3.00	612.00	0.17	1.11
Coconut	1 oz.	187	0	0.11	N/A	3.00	561.00	0.00	0.33
Coconut oil	1 Tbs	120	0	0.1	n/a	0.00	0.00	0.00	0.00
Brazil nuts	1 oz.		0.1	7.2	72.00	0.00	0.00	0.00	0.00
Pistachios	1 oz.	159	0.07	3.83	54.71	0.00	0.00	0.00	0.00
Hazelnuts	1 oz.	178	0.025	2.21	88.40	0.00	0.00	0.00	0.00
Pine nuts	1 oz.		0.05	9.4	188.00	0.00	0.00	0.00	0.00
Cacao	1 cup	186	0	0.378	N/A	0.00	0.00	0.00	0.00
Avocado	1 med (136gm)		0.17	2.28	13.41	0.00	0.00	0.00	0.00
Beans and Grains		Calories	Total n-3 FA (g)	Total n-6 FA (g)	n-6/n-3 Ratio	Quantity	Total Calories	Total n3	Total n6
Soybeans, dried, cooked	½ cup		0.50	3.80	7.60	0.00	0.00	0.00	0.00
Tofu, regular	4 oz.		0.30	2.10	7.00	0.00	0.00	0.00	0.00
Black beans	1 cup		0.18	0.22	1.22	0.00	0.00	0.00	0.00
Lentils	1 cup		0.07	0.27	3.86	0.00	0.00	0.00	0.00
Pinto beans	1 cup		0.23	0.17	0.73	0.00	0.00	0.00	0.00
Peas, raw	1 cup		0.17	0.80	4.71	0.00	0.00	0.00	0.00
Corn meal	100 g		0.05	1.71	34.20	0.00	0.00	0.00	0.00
Corn, raw	1 ear		0.01	0.40	40.00	0.00	0.00	0.00	0.00
Quinoa	1 cup raw		0.44	5.06	11.45	0.00	0.00	0.00	0.00
Brown rice	1 cup cooked		0.03	0.60	22.33	0.00	0.00	0.00	0.00
Wild rice	1 cup raw	571	0.48	0.60	1.26	0.00	0.00	0.00	0.00
Buckwheat	1 cup raw	583	0.13	1.63	12.29	0.00	0.00	0.00	0.00

Greens		Calories	Total n-3 FA (g)	Total n-6 FA (g)	n-6/n-3 Ratio	Quantity	Total Calories	Total n3	Total n6	
Spinach, raw	10 oz bag		0.39	0.07	0.18	0.00	0.00	0.00	0.00	
Green leaf lettuce	1 head (360 gm)		0.21	0.09	0.43	0.00	0.00	0.00	0.00	
Red leaf lettuce	1 cup		Trace	Trace	1.50	0.00	0.00	0.00	0.00	
Boston or Bibb lettuce	1 cup		Trace	Trace	1.50	0.00	0.00	0.00	0.00	
Chard, cooked	½ cup		0	Trace	0.00	0.00	0.00	0.00	0.00	
Turnip greens, cooked	½ cup		Trace	Trace	0.50	0.00	0.00	0.00	0.00	
Dandelion greens, cooked	½ cup		0.1	Trace	0.80	0.00	0.00	0.00	0.00	
Kale, raw	2 cups		0.24	0.18	0.90	0.50	0.50	0.12	0.09	
Beet greens, cooked	½ cup		Trace	Trace	4.00	0.00	0.00	0.00	0.00	
Collard greens, cooked	½ cup		0.1	0.1	0.80	0.00	0.00	0.00	0.00	
Mustard greens, cooked	½ cup		Trace	Trace	0.50	0.00	0.00	0.00	0.00	
Purslane, raw	1 cup		0.3	0.3	1.00	0.00	0.00	0.00	0.00	
Spirulina	1 Tbs (7 g)		0.06	0.09	1.50	0.00	0.00	0.00	0.00	
								Calories	Omega 3	Omega 6
<b>TOTALS</b>								3356.50	38.09	34.73
								Overall Omega 6:3 Ratio		0.91

## Dr. Ritamarie's High-Omega Salad Dressing

### Ingredients:

- 2 stalks celery
- 1 clove garlic
- 1/4 cup flax oil
- 1/4 cup coconut oil
- 2 Tablespoons Dr. Ritamarie's High-Omega Salad Dressinglemon juice
- 1/2 teaspoon sea salt

### Directions:

1. Blend until smooth and creamy.
2. Do not over process.
3. Store in a dark container in refrigerator to preserve the delicate omega-3 fats.
4. Add seasonings to suit the flavor you are choosing to create.

## Omega 3 and Omega 6 Content of Common Foods

<http://www.nal.usda.gov/fnic/foodcomp/search/>

### Recommended Daily Intakes

ALA: 2.2 gm per day  
EPA/DHA .65 gm/day

Estimated that only 10% of ALA converts to EPA/DHA. Vegans need to add an extra 6.5 gms ALA per day to ensure getting adequate EPA. Coconut improves this conversion. In certain inflammatory illnesses, up to 10 grams of EPA may be needed.

\*\*Range of ALA-to-EPA conversion has been shown in a variety of studies to be between 3% and 36%, depending on diet and lifestyle factors .

Seeds		Calories	Total n-3 FA (g)	Total n-6 FA (g)	n-6/n-3 Ratio	Quantity	Total Calories	Total n3	Total n6
Flax seeds	1 oz - 2 Tbs	157	1.80	0.40	0.22	0.00	0.00	0.00	0.00
Flax seed oil	1 Tbs - 13 g	120	7.25	1.73	0.24	4.00	480.00	29.00	6.91
Hemp seeds	1 oz.	170	2.80	8.40	3.00	0.00	0.00	0.00	0.00
Chia seeds	1 oz.	139	5.00	1.60	0.32	0.00	0.00	0.00	0.00
Pumpkin seeds, shelled	1 oz.		0.10	5.40	54.00	0.00	0.00	0.00	0.00
Poppy seeds	1 oz.		0.10	8.60	86.00	0.00	0.00	0.00	0.00
Sesame seeds	1 oz.		0.10	6.76	67.57	0.00	0.00	0.00	0.00
Sunflower seeds	1 oz.		0.10	8.50	85.00	0.00	0.00	0.00	0.00

Fish & Meat		Calories	Total n-3 FA (g)	Total n-6 FA (g)	n-6/n-3 Ratio	Quantity	Total Calories	Total n3	Total n6
Salmon	3 oz.	121	1.47	0.14	0.10	0.00	0.00	0.00	0.00
			0.273 ALA			0.00	0.00	0.00	0.00
			.251 EPA			0.00	0.00	0.00	0.00
			.948 DHA			0.00	0.00	0.00	0.00
Beef	3 oz.	180	0.05	0.22	4.31	0.00	0.00	0.00	0.00

Nuts and High fat Foods		Calories	Total n-3 FA (g)	Total n-6 FA (g)	n-6/n-3 Ratio	Quantity	Total Calories	Total n3	Total n6
Walnuts	1 oz.		2.6	10.8	4.15	0.00	0.00	0.00	0.00
Pecans	1 oz.		0.28	5.8	20.71	0.00	0.00	0.00	0.00
Almonds	1 oz.		0.002	3.4	1700.00	0.00	0.00	0.00	0.00
Cashews	1 oz.		0.02	2.2	110.00	0.00	0.00	0.00	0.00
Macadamia nuts	1 oz.	204	0.058	0.37	6.38	0.00	0.00	0.00	0.00
Coconut	1 oz.	187	0	0.11	N/A	0.00	0.00	0.00	0.00
Coconut oil	1 Tbs	120	0	0.1	n/a	4.00	480.00	0.00	0.40
Brazil nuts	1 oz.		0.1	7.2	72.00	0.00	0.00	0.00	0.00
Pistachios	1 oz.	159	0.07	3.83	54.71	0.00	0.00	0.00	0.00
Hazelnuts	1 oz.	178	0.025	2.21	88.40	0.00	0.00	0.00	0.00
Pine nuts	1 oz.		0.05	9.4	188.00	0.00	0.00	0.00	0.00
Cacao	1 cup	186	0	0.378	N/A	0.00	0.00	0.00	0.00
Avocado	1 med (136 g)		0.17	2.28	13.41	0.00	0.00	0.00	0.00
<b>Beans and Grains</b>									
Beans and Grains		Calories	Total n-3 FA (g)	Total n-6 FA (g)	n-6/n-3 Ratio	Quantity	Total Calories	Total n3	Total n6
Soybeans, dried, cooked	½ cup		0.50	3.80	7.60	0.00	0.00	0.00	0.00
Tofu, regular	4 oz.		0.30	2.10	7.00	0.00	0.00	0.00	0.00
Black beans	1 cup		0.18	0.22	1.22	0.00	0.00	0.00	0.00
Lentils	1 cup		0.07	0.27	3.86	0.00	0.00	0.00	0.00
Pinto beans	1 cup		0.23	0.17	0.73	0.00	0.00	0.00	0.00
Peas, raw	1 cup		0.17	0.80	4.71	0.00	0.00	0.00	0.00
Corn meal	100 gms		0.05	1.71	34.20	0.00	0.00	0.00	0.00
Corn, raw	1 ear		0.01	0.40	40.00	0.00	0.00	0.00	0.00
Quinoa	1 cup raw		0.44	5.06	11.45	0.00	0.00	0.00	0.00
Brown rice	1 cup cooked		0.03	0.60	22.33	0.00	0.00	0.00	0.00
Wild rice	1 cup raw	571	0.48	0.60	1.26	0.00	0.00	0.00	0.00
Buckwheat	1 cup raw	583	0.13	1.63	12.29	0.00	0.00	0.00	0.00

Greens		Calories	Total n-3 FA (g)	Total n-6 FA (g)	n-6/n-3 Ratio	Quantity	Total Calories	Total n3	Total n6	
Spinach, raw	10 oz bag		0.39	0.07	0.18	0.00	0.00	0.00	0.00	
Green leaf lettuce	1 head (360 g)		0.21	0.09	0.43	0.00	0.00	0.00	0.00	
Red leaf lettuce	1 cup		Trace	Trace	1.50	0.00	0.00	0.00	0.00	
Boston or Bibb lettuce	1 cup		Trace	Trace	1.50	0.00	0.00	0.00	0.00	
Chard, cooked	½ cup		0	Trace	0.00	0.00	0.00	0.00	0.00	
Turnip greens, cooked	½ cup		Trace	Trace	0.50	0.00	0.00	0.00	0.00	
Dandelion greens, cooked	½ cup		0.1	Trace	0.80	0.00	0.00	0.00	0.00	
Kale, raw	2 cups		0.24	0.18	0.90	0.00	0.00	0.00	0.00	
Beet greens, cooked	½ cup		Trace	Trace	4.00	0.00	0.00	0.00	0.00	
Collard greens, cooked	½ cup		0.1	0.1	0.80	0.00	0.00	0.00	0.00	
Mustard greens, cooked	½ cup		Trace	Trace	0.50	0.00	0.00	0.00	0.00	
Purslane, raw	1 cup		0.3	0.3	1.00	0.00	0.00	0.00	0.00	
Spirulina	1 Tbs (7 g)		0.06	0.09	1.50	0.00	0.00	0.00	0.00	
								Calories	Omega 3	Omega 6
							<b>TOTALS</b>	960.00	29.00	7.31
								Overall Omega 6:3 Ratio		0.25

## Dr. Ritamarie's Nutty Veggie Chia Bread

### Ingredients:

- 5 tablespoons chia seeds
- 1 ounce sunflower seeds
- 3 Tablespoons hemp seeds
- 1/2 cup soaked almonds
- 1 1/2 cups mixed chopped veggies (celery, carrot, broccoli, cauliflower, kale, red bell pepper)
- 1/2 teaspoon salt
- 2 teaspoons lemon juice
- Spices and herbs to taste

### Directions:

1. Pulse-chop the vegetables to confetti-like consistency. Set in a bowl.
2. Grind chia. Set aside.
3. Place nuts, seeds, ground chia, and chopped vegetables in the food processor and blend until smooth and dough-like.
4. Spread to 1/2-inch thickness on Teflex sheet and dehydrate for 6 hours at 118 degrees F.
5. Flip and continue dehydrating until it reaches the desired firmness. Cut into desired sizes.

## Omega 3 and Omega 6 Content of Common Foods

<http://www.nal.usda.gov/fnic/foodcomp/search/>

### Recommended Daily Intakes

ALA: 2.2 gm per day  
 EPA/DHA .65 gm/day

Estimated that only 10% of ALA converts to EPA/DHA. Vegans need to add an extra 6.5 gms ALA per day to ensure getting adequate EPA. Coconut improves this conversion. In certain inflammatory illnesses, up to 10 grams of EPA may be needed.

\*\*Range of ALA-to-EPA conversion has been shown in a variety of studies to be between 3% and 36%, depending on diet and lifestyle factors.

Seeds		Calories	Total n-3 FA (g)	Total n-6 FA (g)	n-6/n-3 Ratio	Quantity	Total Calories	Total n3	Total n6
Flax seeds	1 oz - 2 Tbs	157	1.80	0.40	0.22	0.00	0.00	0.00	0.00
Flax seed oil	1 Tbs - 13 g	120	7.25	1.73	0.24	0.00	0.00	0.00	0.00
Hemp seeds	1 oz.	170	2.80	8.40	3.00	1.00	170.00	2.80	8.40
Chia seeds	1 oz.	139	5.00	1.60	0.32	2.00	278.00	10.00	3.20
Pumpkin seeds, shelled	1 oz.		0.10	5.40	54.00	0.00	0.00	0.00	0.00
Poppy seeds	1 oz.		0.10	8.60	86.00	0.00	0.00	0.00	0.00
Sesame seeds	1 oz.		0.10	6.76	67.57	0.00	0.00	0.00	0.00
Sunflower seeds	1 oz.		0.10	8.50	85.00	1.00	1.00	0.10	8.50



Fish & Meat		Calories	Total n-3 FA (g)	Total n-6 FA (g)	n-6/n-3 Ratio	Quantity	Total Calories	Total n3	Total n6
Salmon	3 oz.	121	1.47	0.14	0.10	0.00	0.00	0.00	0.00
			0.273 ALA			0.00	0.00	0.00	0.00
			.251 EPA			0.00	0.00	0.00	0.00
			.948 DHA			0.00	0.00	0.00	0.00
Beef	3 oz.	180	0.05	0.22	4.31	0.00	0.00	0.00	0.00
Nuts and High fat Foods		Calories	Total n-3 FA (g)	Total n-6 FA (g)	n-6/n-3 Ratio	Quantity	Total Calories	Total n3	Total n6
Walnuts	1 oz.		2.6	10.8	4.15	0.00	0.00	0.00	0.00
Pecans	1 oz.		0.28	5.8	20.71	0.00	0.00	0.00	0.00
Almonds	1 oz.		0.002	3.4	1700.00	2.00	2.00	0.00	6.80
Cashews	1 oz.		0.02	2.2	110.00	0.00	0.00	0.00	0.00
Macadamia nuts	1 oz.	204	0.058	0.37	6.38	0.00	0.00	0.00	0.00
Coconut	1 oz.	187	0	0.11	N/A	0.00	0.00	0.00	0.00
Coconut oil	1 Tbs	120	0	0.1	n/a	0.00	0.00	0.00	0.00
Pistachios	1 oz.	159	0.07	3.83	54.71	0.00	0.00	0.00	0.00
Hazelnuts	1 oz.	178	0.025	2.21	88.40	0.00	0.00	0.00	0.00
Pine nuts	1 oz.		0.05	9.4	188.00	0.00	0.00	0.00	0.00
Cacao	1 cup	186	0	0.378	N/A	0.00	0.00	0.00	0.00
Avocado	1 med (136 g)		0.17	2.28	13.41	0.00	0.00	0.00	0.00
Beans and Grains		Calories	Total n-3 FA (g)	Total n-6 FA (g)	n-6/n-3 Ratio	Quantity	Total Calories	Total n3	Total n6
Soybeans, dried, cooked	½ cup		0.50	3.80	7.60	0.00	0.00	0.00	0.00
Tofu, regular	4 oz.		0.30	2.10	7.00	0.00	0.00	0.00	0.00
Black beans	1 cup		0.18	0.22	1.22	0.00	0.00	0.00	0.00
Lentils	1 cup		0.07	0.27	3.86	0.00	0.00	0.00	0.00
Pinto beans	1 cup		0.23	0.17	0.73	0.00	0.00	0.00	0.00
Peas, raw	1 cup		0.17	0.80	4.71	0.00	0.00	0.00	0.00
Corn meal	100 g		0.05	1.71	34.20	0.00	0.00	0.00	0.00
Corn, raw	1 ear		0.01	0.40	40.00	0.00	0.00	0.00	0.00
Quinoa	1 cup raw		0.44	5.06	11.45	0.00	0.00	0.00	0.00
Brown rice	1 cup cooked		0.03	0.60	22.33	0.00	0.00	0.00	0.00
Wild rice	1 cup raw	571	0.48	0.60	1.26	0.00	0.00	0.00	0.00
Buckwheat	1 cup raw	583	0.13	1.63	12.29	0.00	0.00	0.00	0.00

Greens		Calories	Total n-3 FA (g)	Total n-6 FA (g)	n-6/n-3 Ratio	Quantity	Total Calories	Total n3	Total n6	
Spinach, raw	10 oz bag		0.39	0.07	0.18	0.00	0.00	0.00	0.00	
Green leaf lettuce	1 head (360 g)		0.21	0.09	0.43	0.00	0.00	0.00	0.00	
Red leaf lettuce	1 cup		Trace	Trace	1.50	0.00	0.00	0.00	0.00	
Boston or Bibb lettuce	1 cup		Trace	Trace	1.50	0.00	0.00	0.00	0.00	
Chard, cooked	½ cup		0	Trace	0.00	0.00	0.00	0.00	0.00	
Turnip greens, cooked	½ cup		Trace	Trace	0.50	0.00	0.00	0.00	0.00	
Dandelion greens, cooked	½ cup		0.1	Trace	0.80	0.00	0.00	0.00	0.00	
Kale, raw	2 cups		0.24	0.18	0.90	0.00	0.00	0.00	0.00	
Beet greens, cooked	½ cup		Trace	Trace	4.00	0.00	0.00	0.00	0.00	
Collard greens, cooked	½ cup		0.1	0.1	0.80	0.00	0.00	0.00	0.00	
Mustard greens, cooked	½ cup		Trace	Trace	0.50	0.00	0.00	0.00	0.00	
Purslane, raw	1 cup		0.3	0.3	1.00	0.00	0.00	0.00	0.00	
Spirulina	1 Tbs (7 g)		0.06	0.09	1.50	0.00	0.00	0.00	0.00	
								<b>Calories</b>	<b>Omega 3</b>	<b>Omega 6</b>
							<b>TOTALS</b>	451.00	12.90	26.90
								<b>Overall Omega 6:3 Ratio</b>		2.08