



# Eat Your Way Smarter & Leaner

You want to get at least 500 mg/day Omega-3 for healthy function. Remember this does not account for the Omega-6 intake and the ratio should be close to 4:1(Omega-6:Omega-3). Incorporating a few of these foods will help balance out the Omega-6's from other sources.

**Fish - \*higher mercury levels (don't use this source more than once a week. Smaller fish will contain less)**

Mackerel (cooked) (6,982 mg/1 cup)  
herring (1,885 mg/3 oz.)  
wild salmon (1,716 mg/3 oz.)  
\*tuna (1,414 mg/3 oz.)  
white fish (1,363 mg/3 oz.)  
sardines (1,363 mg per 1 can/3.75 oz.)  
anchovies (951 mg per 1 can/2 oz.)  
Oysters (585 mg/3 oz.)  
Mussels (665 mg/3 oz.)

Edamame (280mg/75 g) vitamin K, vitamin B's, potassium, and magnesium  
Eggs (30mg/egg) or Omega Enriched (200-600mg/egg)  
Seaweed (836mg/200g) both EPA & DHA, vitamin K, vitamin C, niacin, folate, and choline

Chia Seeds (2500mg/1 Tbsp) and fiber and protein  
Walnuts (2542mg/7 walnuts or 1 oz) and copper, manganese and vitamin E  
Flax Seed (1,597-mg per 1-tablespoon) or oil (7,196-mg per 1-tablespoon)  
Hemp Seed (1,000mg/1 Tbsp) and vitamins D and E, as well as B vitamin

Avocado (5-7.6g/average 50g avocado) high fiber, B-complex vitamins, vitamin C, vitamin E, vitamin K and potassium  
Broccoli (400mg/1 C) high in fiber, zinc, and protein  
Spinach, raw (600mg/100 g) or spinach, frozen (1090mg/100g)  
Brussel Sprouts, cooked (270mg/100 g)  
Kale, cooked (743mg/200g) or raw (720mg/200g)  
Cauliflower (726mg/100g)