

Milled Flaxseed is the Single Highest Delivery Vehicle for Omega-3

Food	DHA		EPA		APA*	
	mg per RACC **	claim	mg per RACC **	claim	mg per RACC **	claim
Fish						
Salmon-Farmed	1,099	high	525	high	80	-
Sardines	280	high	260	high	273	high
Tuna (canned in water)	294	high	128	-	39	-
Foods						
Flaxseed	0	-	0	-	5,437	high
Walnuts	0	-	0	-	2,574	high
Oils						
Canola	0	-	0	-	1,302	high
Flaxseed	0	-	0	-	7,249	high
Soybean	0	-	0	-	925	high
Walnut	0	-	0	-	1,414	high

Source: USDA National Nutrient Database for Standard Reference, Release 16 (July 2003)

*Based on total (undifferentiated) 18:3 fatty acids.

**RACC means "Reference Amount Customarily Consumed."

