



Heart  
Foundation®

# Sources of omega-3



The Heart Foundation recommends all Australians should aim to include 2–3 serves of fish (including oily fish) per week as part of a heart healthy diet. This provides around 250–500 milligrams of marine-sourced omega-3s (EPA and DHA) per day. In addition, the Heart Foundation recommends that all Australians should aim for 1 gram of plant-sourced omega-3 (ALA) each day.

## Sources of marine-based omega-3s (EPA, DHA)

The following is a guide to the amount of marine-sourced omega-3s in fish and seafood commonly available in Australia.

EPA and DHA (mg)	Fresh fish and seafood, 150 g serve
> 500 mg	Mullet
	Atlantic salmon
	Mackerel
	Australian salmon
	Sardine
	Silver perch
	Rainbow trout
	Morwong
400–500 mg	Bream
	Yellow-tail kingfish
	Australian herring
	Trevally

### Serving tips

Trevalla – place your grilled fish on a wholegrain bun, complete with salad.

### Serving tips

Flathead – steam with ginger, garlic, shallots and little sesame oil.



EPA and DHA (mg)	Fresh fish and seafood, 150 g serve
300–400 mg	Snapper
	Flounder
	Mirror dory
	Jack mackerel
	Blue-spotted goatfish
	Small-spotted herring
	Blue-eye trevalla
200–300 mg	Tuna
	Australian bass
	King Dory
	Wrasse
	John Dory
	Blue morwong
	Coral trout
	Blue grenadier (Hoki)
	Golden perch
	Brownband snapper
	Ocean jacket
	Leatherjacket
	Murray cod
	Hussar
	Garfish: eastern sea, southern, snub-nosed, river
	Barramundi
	Dhufish
	Mangrove Jack
	King George whiting
	Smoked cod
Flathead: deep water, southern sand, tiger	
Saddletail snapper	
Jackass morwong	
< 200 mg/serve	Whiting

### Serving tips

Sardines – mash in a bowl with a little vinegar, serve on toast with sliced tomato and cracked pepper.

EPA and DHA (mg)	Canned fish, 100 g serve
> 1500 mg	Canned sardines
500–1500 mg	Canned salmon (some varieties)
	Canned salmon (some varieties)
	Canned tuna
	Smoked mussels
	Anchovies
	Atlantic pickled herring
300–500 mg	Smoked oysters
	Flavoured salmon and tuna

### Notes

Frozen fish has not been included in this list, but some varieties are high in omega-3s. Check the information on the product packet in your supermarket.



EPA and DHA (mg)	Seafood, 100 g serve
500–1000 mg	Green mussels
	Blue mussels
300–500 mg	Squid or calamari
	Oyster, raw
< 300 mg	Scallops
	Prawn
	Octopus
	Crab
	Lobster or crayfish
	Moreton bay bug

### Sources of plant-based omega-3s (ALA)

The following is a guide to the amount of plant-sourced omega-3s in commonly consumed foods in Australia.

#### Serving tips

Include a handful of nuts every day to boost good fat (including ALA) intake.



Food group	Food	Serving size	ALA mg/serve
Nuts and seeds	Walnuts	30 g	1,884
	Pecan nuts	30 g	186
	Hazelnuts	30 g	36
	Tahini	30 g	36
	Chia seeds	15 g	2,685
	Flaxseeds or linseeds	1 tsp (4 g)	922
Fats and oils	Canola oil	1 tbs (20 g)	1,820
	Soybean oil	1 tbs (20 g)	1,434
	Vegetable oil	1 tbs (20 g)	1,458
	Olive oil	1 tbs (20 g)	92
	Flaxseed/linseed oil	1 tbs (20 g)	10,918
	Margarine spread, regular polyunsaturated	1 tbs (20 g)	282
	Margarine spread, regular monounsaturated	1 tbs (20 g)	970
	Dairy blend, butter and edible oil spread	1 tbs (20 g)	662
	Butter	1 tbs (20 g)	76
	Corn or maize oil	1 tbs (20 g)	152
	Peanut oil	1 tbs (20 g)	58
	Dressings, oil and vinegar	1 tbs (20 g)	128
	Dressings, creamy, 97% fat free	1 tbs (20 g)	18

## Additional sources of ALA

The following is a guide to the amount of ALA in commonly consumed foods in Australia.



Food group	Food	Serving size	ALA mg/serve
Dairy products	Cheddar cheese	40 g	112
	Cheddar cheese, reduced fat	40 g	72
	Cottage cheese	40 g	28
Meat, eggs and poultry	Lamb, lean	100 g	99
	Beef, lean	100 g	31
	Chicken breast, no skin	100 g	10
	Eggs	2 eggs (60 g each)	72
	Omega-3 enriched eggs	2 eggs (60 g each)	240
Breads and cereals	Bread, soy and linseed	2 slices (80 g)	2,480
	Bread, wholemeal	2 slices (56 g)	62
	Wheat breakfast biscuits	2 biscuits (30 g)	24

### References

Omega-3 levels are based on data obtained predominantly from Food Standards Australia New Zealand (2014). AUSNUT 2011–13 – Australian Food Composition Database. Available at: [www.foodstandards.gov.au](http://www.foodstandards.gov.au). Accessed 1 July 2014.

Some information is also sourced from Mooney B, Nichols P, Elliott N. Seafood the good food II: the oil content and composition of Australian commercial finfish, shellfishes and factors affecting edible species. Melbourne: CSIRO, 2002.

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