

## SOURCES OF OMEGA-3

FOOD	OMEGA-3 (G)
3 tablespoons of flaxseed	5,1 g
A small slice of salmon	3,3 g
A small mackerel	3,2 g
A fillet of sea bream	2,2 g
7-8 walnuts	2 g
About ten anchovies	1,2 g
A fillet of sole	1,1 g
A fillet of trout	1,1 g
20 lake shrimps	1,1 g
4 tablespoons dried soya	0,7 g

Reference range for the intake of omega-3 in the adult population:  
**0.5-2% of the daily energy requirements**