

ESSENTIAL FATTY ACIDS

Best foods for essential fats

Omega 3 (alpha-linolenic acid)

Flax (Linseed)
Hemp
Pumpkin
Walnut

Omega 6 (linolenic acid)

Corn
Safflower
Sunflower
Sesame

EPA & DHA (eicosapentaenoic acid)

Salmon (docosahexaenoic acid)
Mackerel
Herring
Sardines
Anchovies
Tuna
Marine algae
Eggs

GLA (gamma linolenic acid)

Evening primrose
Borage oil
Blackcurrant seeds

Arachidonic acid (Not EFAs)

Meat
Dairy produce
Eggs
Squid