

# 5 Top Food Sources For Fatty Acids Vital To Your Body

The essential fatty acids identified as Omega-3 are vital to your well-being, but Omega-3 is not a substance the body produces naturally. Thus, in order to get the amount of Omega-3 you need for optimal health, you will need to consume foods containing it.

There are a variety of food sources containing Omega 3, so you can diversify your diet and still get the amount of Omega-3 your body requires.

A-Linolenic acid, docosahexaenoic acid, and eicosapentaenoic acid are three major types of Omega-3 fats. The latter fats are those identified as those that are capable of alleviating inflammatory conditions. Omega-3 fatty acids help boost the body's immune system functioning as well as the health of your joints. It also contributes to cardiovascular, eye, skin, and brain health. According to health experts, every adult should consume at least 1000 milligrams of EPA and DHA daily. The following food sources are excellent sources for Omega-3.

**1. Chia seeds.** You will get 4915 milligrams of Omega-3 fatty acids per one ounce serving of Chia Seeds. Add some Chia Seeds to a bit of yogurt or put some in a smoothie to get your daily dose of Omega-3. You will also be getting a good natural dose of magnesium, vitamin B-12, iron, and calcium as well.

**2. Flaxseed.** One tablespoon of whole flaxseed contains 2338 milligrams of Omega-3 and 606 milligrams of Omega-6. Flaxseed is also an outstanding source of vitamin K, thiamin, niacin, folate, choline, calcium, magnesium, phosphorus, potassium, and fiber. You can add flaxseeds to soups, salads, smoothies, oatmeal, and bread.

**3. Eggs.** A single large hard-boiled egg has 39 to 150

milligrams of Omega-3 fatty acids. You will also get 594 milligrams of Omega-6, vitamin A, vitamin E, vitamin K, folate, choline, calcium, phosphorus, potassium, and selenium. The yolks of the eggs contain the most Omega-3 fatty acids since farm-raised chickens consume a diet high in Omega-3.

**4. Salmon.** A four-ounce raw salmon contains 1600 milligrams of Omega-3. A three ounce fillet cooked with dry heat contains 1237 milligrams of Omega-3, just over 50 milligrams of Omega-6, vitamin A, niacin, folate, vitamin B-12, calcium, magnesium, selenium, phosphorus, and potassium. You can bake or grill salmon, and there are hundreds of recipes so you can diversify your diet.

**5. Walnuts.** Adding walnuts to your favorite salads, homemade bread, and muffins or simply eating them as a snack gives you a dose of Omega-3. A quarter cup is all you need to get 2600 milligrams of the fatty acids your body craves. Walnuts are also a good source of vitamin A, folate, fiber, and magnesium.

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