

Which food is the most Omega 3?

Besides using functional foods that contain this ingredient, supplementing through daily diet is also chosen by many people. So which food Omega 3 is in the most? Follow the article to get the answer!

Omega 3 is an extremely essential unsaturated fatty acid for the body. There are so many benefits, therefore, that omega 3 supplementation is of particular interest to users.

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What is Omega 3?

Omega 3 is an essential unsaturated fatty acid for the body. However, we ourselves are incapable of synthesizing or creating them ourselves, so in order not to suffer from omega 3 deficiency, supplementing with daily foods is very important.

There are many types of omega 3 fatty acids, but the most common are the following three types:

1. Eicosapentaenoic acid (EPA)
2. Docosahexaenoic acid (DHA)
3. Alpha lipoic acid (ALA)

Benefits of Omega 3 for the body

Not only does it help prevent disease, Omega 3 also brings many unexpected benefits to the body. Eg:

1. Preventing agents that cause cardiovascular disease
2. Reduce fat in the liver
3. Support to improve sleep quality
4. Nourish skin from deep inside for a healthy, beautiful skin
5. Treatment of rheumatoid arthritis
6. Brain development and improved vision
7. Support for treatment of depression
8. Treatment of attention deficit, hyperactivity in children
9. Improve neurological disorders
10. Treatment of Alzheimer's disease
11. Against autoimmune disease
12. Preventing cancer effectively.

It can be seen that omega 3 is too great for health. So how to add them?**What foods are Omega 3s in?** Follow up the article to get an answer.

Which food is the most Omega 3?

Particles

An extremely nutritious nut, it contains many manganese, calcium, and other nutrients. With only a standard serving of 28 grams of chia seeds, you have added up to 4 grams of protein and 8 essential amino acids.

In addition, chia seeds are also a good source of omega 3. Specifically, in 28 grams of split seeds contain up to 4915 mg of Omega 3.



Fish

Some types of fish such as mackerel, salmon, cod, herring, sardines, anchovies . are not only good for health but also the amount of omega 3 contained in them is also amazing.

1. Besides providing vitamin B12 and selenium, in 100 grams, mackerel provides up to 5.134mg of Omega 3.
2. The amount of omega 3 in 100g salmon is about 2260 mg
3. In 1 tablespoon cod liver oil contains up to 2664 mg of omega 3
4. In 100g herring contains 1729 mg of Omega 3
5. 100g sardines contain 1480 mg of Omega 3
6. And 100g anchovies contain 2113 mg of Omega 3



Walnuts

Walnut is known as a fruit that contains lots of nutrients for the body such as manganese, calcium, a large amount of copper, and fiber . Also, when consumed 28 grams of walnuts, it is about 7 fruits. You have already given your body up to 2542 mg of Omega 3.

It should be noted that when using walnuts, you should not leave the membrane in the middle of the hard shell and multiply because they contain a lot of good antioxidants for the body.



Linseed

This is one of the richest foods in omega 3 that contain the most alpha linolenic acid (ALA).

People often use flax seeds to grind and grind to produce linseed oil. Research shows that, in 1 tablespoon flax seed oil contains up to 7196 mg of Omega 3.



Soy bean

In soybeans contains a lot of nutritional ingredients such as Vitamin K, vitamin B2, folate, magnesium and potassium in addition to fiber, plant protein.

100g of soybeans contains 1443 mg of Omega 3. However, the amount of omega 6 in this food is also quite high, so if you want to use them to supplement omega 3, you should also pay attention to the content to avoid causing omega difference. 3 and 6 excessive.



Oysters

Not only is it extremely nutritious for men with higher zinc levels than any other food. In oysters also contains a lot of omega 3, copper and vitamin b12.

In many countries, live oysters are considered a very attractive dish. And in 100 grams of oysters, up to 672mg of Omega 3



Cauliflower

Among vegetables, cauliflower is more outstanding thanks to its abundant supply of omega 3. Omega 3 in general vegetables and cauliflower in particular is ALA type, although not as effective as DHA and EPA but they contain lots of fiber and many other essential nutrients.

Therefore, cauliflower is still considered an ideal source of omega 3.



Cereals

Omega 3 is also found quite a lot in grains. In addition, it is an ideal source of starch, so there is no reason that you will not add them to your daily menu.

Some cereal products you can refer to: Bread, oat, instant cereal flour .



Milk

A delicious, nutritious food, milk is also considered an ideal source of omega 3. Besides cow's milk, you can change various types of nut milk such as black sesame, walnut . or even yogurt . but you can rest assured that the amount of omega 3 contained therein guaranteed.



Spaghetti

A dish rich in omega 3 and still can pamper your eating preferences. Some suggestions for you are mushroom cream sauce, tomato sauce, meatballs, baked lasagna noodles.



Conclude

It can be seen that omega 3 is extremely important and necessary for health. The above foods are suggestions for you to easily supply your body with omega 3. However, make sure you don't overdo them and always add them in the most logical way.

>>> More references:

1. Good fish oil, Uses and How to drink
2. What effect does Omega 3 have on older people?
3. Drink Omega 3 properly how to be effective

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