

Food in each category are ordered from **lowest to highest omega-6 content** (foods at the beginning of each category are the best in terms of omega-6 content).

DAIRY			
Food	Serving Size	Omega-3 (mg)	Omega-6 (mg)
Egg whites	From 1 egg	0	0
Fat-free/skim milk	1 cup	4.3	12.9
Nonfat Yogurt	1 cup	14.7	24.5
Lowfat 1% milk	1 cup	9.8	73.2
Kerrygold butter	1 tablespoon	128.8	200.2
Standard supermarket butter (in stick form)	1 tablespoon	44.1	382
VEGETABLES			
Food	Serving Size	Omega-3 (mg)	Omega-6 (mg)
Spinach, raw	1 cup	41.4	7.8
Broccoli	1 cup	19.1	15.5
Sweet Potato	1 large, unprepared	1.3	17.3
Onion	1 cup	6.4	20.8
Romaine lettuce	1 cup, shredded	53.1	23.1
Green Beans	1 cup	39.6	25.3
Zucchini	1 cup	58.3	34.7
Brussel Sprouts	1 cup	87.1	39.6
Mungo Beans	1 cup cooked	603	43.2
Eggplant	1 cup	10.7	51.7
Asparagus	1 cup	13.4	53.6
Kale	1 cup, chopped	121	92.4
Potato	1 large	36.9	118
Tomato	1 cup	4.5	119
Raw carrots	1 cup	2.6	147
Black Beans	1 cup boiled	181	217
Green Peas	1 cup	50.8	220
Navy Beans	1 cup cooked	223	265
Kidney Beans	1 cup cooked	210	271
Pinto beans	1 cup cooked	457	328
Corn	1 cup	24.6	835
Chickpeas	1 cup, canned	45.6	1178
FRUITS			
Food	Serving Size	Omega-3 (mg)	Omega-6 (mg)
Applesauce	1 cup	7.3	29.3
Orange	1	12.9	33.1
Pear	1		51.6
Banana	1	31.9	54.3
Grapes	1 cup	16.6	55.9
Apple	1	20.8	95.9
Peach	1	3.5	147
Avocado	1 cup	165	2534
MEAT/FISH			
Food	Serving Size	Omega-3 (mg)	Omega-6 (mg)
Tuna	3 oz	264	8.5
Cod	1 fillet	310	10.8
Tuna, canned in water	1 cup	433	13.9
Extra-lean ham	1 slice	2.7	51.8
Low-fat turkey breast slices	1 slice	5.2	56.7

Halibut	1/2 fillet	1064	60.4
Wild-caught salmon	1/2 fillet	3982	339
Chicken breast	1 ounce	21.3	829
CONDIMENTS			
Food	Serving Size	Omega-3 (mg)	Omega-6 (mg)
Jam/Jelly	1 tbsp	0	0
Honey	1 tbsp	0	0
Fat-free chicken broth	1 cup	0	0
Vinegar (any type)	1 tablespoon	0	0
Carlson Fish oil, lemon flavored	1 tablespoon	4800	0
Fat-free French salad dressing	1 tablespoon	2.9	7
Ketchup	1 tbsp	0.6	18.1
Fat-free Italian salad dressing	1 tablespoon	3.8	22.8
Mustard, yellow	1 tablespoon	73.2	68.1
Non-fat mayonnaise	1 cup	48.6	110
Hummus	1 tbsp	11.1	305
Olive oil	1 tbsp	103	1318
GRAINS			
Food	Serving Size	Omega-3 (mg)	Omega-6 (mg)
Rice Krispies	1.25 cups	5.6	91.8
White Rice, long-grain	1 cup cooked	20.5	98
Rice Chex	1 cup	11.1	131
Wild rice	1 cup cooked	156	195
Pearled barley	1 cup	33	303
White, all-purpose flour	1 cup	27.5	489
Brown rice, medium grain	1 cup cooked	25.4	552
Flax seeds	1 tbsp	2338	606
Oatmeal (old-fashioned or quick-cooking)	1/2 cup dry oatmeal	40.5	891
Quinoa	1 cup	522	5061
SNACKS/DESSERTS			
Food	Serving Size	Omega-3 (mg)	Omega-6 (mg)
Skittles, original	1 package (2.17 oz)	0	0
Starburst, original	1 package (2.07 oz)	0	0
Fat-free Twizzlers	1 package	0	0
Fruit sorbet	½ cup	0	0
Sugarless chewing gum	1 piece	0.5	4.1
Dark chocolate, 45-59% cacao	1 ounce	24.1	280
DRINKS			
Food	Serving Size	Omega-3 (mg)	Omega-6 (mg)
Beer	1 can	0	0
Wine	1 glass	0	0
Tea (black or herbal)	1 cup/8 ounces	0	0
Coke	1 cup/8 ounces	0	0
Coffee (black)	1 cup/8 ounces	0	2.4
Cranberry juice cocktail	1 cup/8 ounces	58	89
Orange juice	1 cup/8 ounces	35	124