

**Omega 3 and Omega 6  
Fatty Acid  
Tables**

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The following table is presented to demonstrate the relative amounts of vegetable based omega fats ( $\omega 3$  and  $\omega 6$  fats) that our bodies are designed to deal with on a daily basis. The other tables show demonstrate the excess that foods in other categories place on us, especially in the area of dietary fat.

<b>Quantities of omega fats present in selected foods.</b> Items marked with the color shown in the next line indicates that the food provides a <b>complete protein</b> , a protein that provides all of the essential amino acids in sufficient quantities and in the proportions necessary to support life.	$\omega 3$ (mg/oz.)	$\omega 6$ (mg/oz.)	Net $\omega 6-\omega 3$ (mg/oz.)
• <b>Green Vegetables (Protein donors)</b>			
Asparagus (raw weight)	3	12	9
Avocado (Haas style)	35	475	440
Broccoli (raw weight)	6	5	-1
Brussels sprouts (raw weight)	28	13	-15
Cauliflower (raw weight)	2	2	0
Kale (raw weight)	44	34	-10
Rapini (broccoli raab)	32	5	-37
• <b>Legumes</b>			
Black turtle beans	19	23	4
Urad Dal (dry weight)	283	20	-263
• <b>Root Vegetables</b>			
Beets (raw or cooked)	1	16	15
Carrots (raw)	1	33	
Onions (yellow or white - raw)	1	4	3
White potatoes (cooked)	3	9	3
• <b>Grains</b>			
Barley (cooked)	4	40	36
Corn (frozen)	3	101	98
Oatmeal (cooked)	5	153	148
Quinoa (cooked)	22	251	231
Brown basmati rice (cooked)	4	88	84
White sticky rice (cooked)	1	9	18
Spelt pasta (cooked)	9	169	160
Rye flour (dry)	24	142	118

While lots of foods are available that provide an excess of $\omega 6$ fats, very few provide an excess of $\omega 3$ fats. These are duplicated in the other tables.	$\omega 3$ (mg/oz.)	$\omega 6$ (mg/oz.)	Net $\omega 6-\omega 3$ (mg/oz.)
• <b>Foods that provide an excess of <math>\omega 3</math> fats</b>			
A Green vegetable: Rapini (broccoli raab)	32	5	-37
A Legume: Urad Dal (dry weight)	283	20	-263
A Seed: Chia seeds	5,056	1,655	-3,401
A Seed: Flax seeds	6,470	1,673	-4,798

Items marked in color provide a complete protein!	$\omega 3$ (mg/oz.)	$\omega 6$ (mg/oz.)	Net $\omega 6-\omega 3$ (mg/oz.)
• Nuts (Protein donors)			
Almond	0	3,419	3,419
Brazil	0	5,835	5,835
Cashews (raw)	18	2,207	2,189
Chestnuts (European)	27	220	193
Hazelnut (a.k.a. Filberts)	25	2,221	2,196
Macadamias	56	367	311
Peanuts (dry roasted)	0	4,447	4,447
Pecans (raw)	280	5,875	5,595
Pine nuts	48	9,398	9,350
Pistachios	68	3,744	3,676
Walnuts	2,597	10,891	8,294
• Seeds (Protein donors)			
Chia seeds	5,056	1,655	-3,401
Flax seeds	6,470	1,673	-4,798
Pumpkin seeds	28	4,704	4,676
Sesame seeds (hulled)	73	7,137	7,064
Sunflower seeds	16	6,564	6,548

	GMO	$\omega 3$ (mg/oz.)	$\omega 6$ (mg/oz.)	Net $\omega 6-\omega 3$ (mg/oz.)
• <b>Vegetable Oils</b>				
Almond oil		0	4,932	4,932
Apricot kernel oil		0	8,290	8,290
Avocado oil		271	3,552	3,281
Canola oil   a toxic industrial lubricant	X	2,590	5,388	2,798
Coco butter oil		28	795	767
<b>Coconut oil</b>		<b>0</b>	<b>51</b>	<b>51</b>
Corn oil	X	329	12,172	11,843
Cotton seed oil	X	57	14,600	14,543
Flax seed oil (goes rancid very, very fast)		15,130	4,062	-11,068
Grapeseed oil		28	19,732	19,704
Olive oil		216	2,768	2,552
Palm oil		57	2,580	2,523
Peanut oil		0	8,640	8,640
Safflower oil   High oleic		27	3,607	3,580
Safflower oil   Linoleic ( $\omega 6 > 70\%$ )		0	21,156	21,156
Sesame oil		85	11,709	11,624
Soybean oil   Refined for wok use	X	1,960	14,542	12,582
Soybean oil   Ultra low linoleic $\omega 6$	X	352	14,432	14,080
Soybean oil   Salad oil	X	1,925	14,445	12,520
Sunflower oil   High oleic		54	1,022	868
Sunflower oil   ~65% Linoleic $\omega 6$		0	18,626	18,626
Sunflower oil   <60% Linoleic $\omega 6$		57	11,283	11,226
Walnut oil		2,948	14,997	12,049
Wheat germ oil		1,956	15,536	13,580

Note that margarine is basically cotton seed oil with some extra chemicals, more or less depending on the type.

Any oil that starts to go rancid becomes immediately inflammatory.

	$\omega 3$ (mg/oz.)	$\omega 6$ (mg/oz.)	Net $\omega 6-\omega 3$ (mg/oz.)
• <b>Animal Fats</b>			
<b>Tallow from beef (has some CLA)</b>	170	897	727
<b>Bovine Butter or Ghee (has some CLA)</b>	89	773	684
<b>Chicken Fat (not free range)</b>	284	5,528	5,244
<b>Cow's milk cream (Heavy whipping cream)</b>	153	267	114
<b>Cow's milk – Half &amp; Half</b>	47	74	28
<b>Duck fat</b>	284	3,402	3,118
<b>Goose fat</b>	142	2,778	2,636
<b>Lard (not kosher)</b>	284	2,892	2,608
<b>Mutton tallow</b>	652	1,559	907

Unless stated otherwise, the numbers in the above table are assumed to be for predominately grain raised birds and animals, and not for free range, or wild. The omega fat concentrations in the fat for free range animals or birds, including wild birds were not available for the author to review.

From an omega fat point of view, the CLA fats found in bovine fats is technically an  $\omega 6$  fat, but in reality it is a, safe, natural,  $\omega 6$ , trans-fat that has strong anti-inflammatory properties.