

# Foods High in Omega 3 Fatty Acids

Omega 3 fatty acids are arguably the most important fat humans eat. Some of top doctors in the world, believe they help reduce inflammation, and lower risks of cancer and heart disease.



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|---|---|
| <input type="radio"/> Tuna                        | <input type="radio"/> Walnuts               |
| <input type="radio"/> Wild Salmon                 | <input type="radio"/> Flaxseeds             |
| <input type="radio"/> Wild Sardines               | <input type="radio"/> Spinach               |
| <input type="radio"/> Grass-Fed Beef              | <input type="radio"/> Soy beans             |
| <input type="radio"/> Red Lentils                 | <input type="radio"/> Almonds               |
| <input type="radio"/> Pecans                      | <input type="radio"/> Olives                |
| <input type="radio"/> Cacao Butter                | <input type="radio"/> Dark Chocolate        |
| <input type="radio"/> Extra Virgin Olive Oil      | <input type="radio"/> Cod Liver Oil         |
| <input type="radio"/> Hemp Seeds                  | <input type="radio"/> Edamame               |
| <input type="radio"/> Extra-Virgin Coconut Butter | <input type="radio"/> Kale                  |
| <input type="radio"/> Collard Greens              | <input type="radio"/> Unrefined Coconut Oil |
| <input type="radio"/> Sesame Seeds                | <input type="radio"/> Pumpkin Seeds         |
| <input type="radio"/> Wild Squash                 | <input type="radio"/> Wild rice             |