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.



- [ ] Tuna
- [ ] Wild Salmon
- [ ] Wild Sardines
- [ ] Grass-Fed Beef
- [ ] Red Lentils
- [ ] Pecans
- [ ] Cacao Butter
- [ ] Extra Virgin Olive Oil
- [ ] Hemp Seeds
- [ ] Extra-Virgin Coconut Butter
- [ ] Collard Greens
- [ ] Sesame Seeds
- [ ] Wild Squash
- [ ] Walnuts
- [ ] Flaxseeds
- [ ] Spinach
- [ ] Soy beans
- [ ] Almonds
- [ ] Olives
- [ ] Dark Chocolate
- [ ] Cod Liver Oil
- [ ] Edamame
- [ ] Kale
- [ ] Unrefined Coconut Oil
- [ ] Pumpkin Seeds
- [ ] Wild rice

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