



Dietary Fat

Omega-3 and Omega-6 Essential Fatty Acids

Essential Fatty Acids in OILS

Fig 1. Content of Omega-3 and Omega-6 Essential Fatty Acids in Oils

Approximate EFA content in grams per 100 grams

Omega-3s (100g)	(g)	Omega-6s (100g)	(g)
Flax / Linseed oil	58	Safflower oil	74
Flax / Linseeds	15-30	Grapeseed oil	68
Walnut oil	11.5	Sunflower oil	63
Canola / Rapeseed oil	7	Walnut oil	58
Soybean oil	7	Soybean oil	51
Wheatgerm oil	5	Corn oil	50

Essential Fatty Acids in NUTS

Fig 2. Content of Omega-3 and Omega-6 Essential Fatty Acids in Nuts

Approximate EFA content in grams per 100 grams

Omega-3s (100g)	(g)	Omega-6s (100g)	(g)
Walnuts	5.5	Walnuts	28
Hazelnuts	trace	Hazelnuts	4
Cashews	trace	Cashews	8
Almonds	trace	Almonds	10
Brazils	trace	Brazils	23

Essential Fatty Acids in SEEDS

Fig 3. Content of Omega-3 and Omega-6 Essential Fatty Acids in Seeds

Approximate EFA content in grams per 100 grams

Omega-3s (100g)	(g)	Omega-6s (100g)	(g)
Flax / Linseeds	15-25	Flax / Linseeds	6
Pumpkin seeds	7-10	Pumpkin seeds	20
Sunflower seeds	trace	Sunflower seeds	30
Sesame seeds	trace	Sesame seeds	25
Pine nuts	1		