

## Omega 6 versus Omega 3 Fatty Acid Content

**Omega-6**, which is the bad one, is easily oxidized, highly unstable for cooking, usually rancid on the shelf, and, thanks to government farm subsidies and public hysteria over animal fat, it's in absolutely everything nowadays. Isolating Omega-6 fatty acids and then exposing them to air or heat (i.e., oxidizing them) is bad dietary policy. It doesn't matter where it is – in your body, in your cupboard, or in the skillet. In short, try to limit your intake of omega 6 FAs to whole foods that have not been over heated. Extracting, refining, and isolating a highly unstable Omega-6 fatty acid in oil form is entirely different from eating the whole seed or nut.

**Bottom line:** Avoid most plant based oils for cooking. Exceptions are olive, coconut and palm with attention to heat. If you put oil in a pan and it smokes it is almost certainly too hot and is in the process of turning good oil into bad. Buy and eat nuts and seeds raw. If you want them roasted do it yourself. Soak in water for up to six hours and bake on a cookie sheet in the oven overnight at under 200 degrees. Text adapted from [marksdailyapple.com](http://marksdailyapple.com); charts below are from <http://paleozonenutrition.com>

Plant Fats and Oils, per 100 grams (3.5oz)	Omega 6 mg Lowest to highest	Omega 6 grams	Omega 3 ALA mg
Palm Kernel oil	1600mg	1.6g	0mg
Coconut oil	1800mg	1.8g	0mg
Macadamia nut oil	2400mg	2.4g	0mg
Cocoa butter	2800mg	2.8g	100mg
Sunflower, high oleic 70% & over	3606mg	3.6g	192mg
Sheanut oil	4900mg	4.9g	300mg
Palm oil	9100mg	9.1g	200mg
Olive oil	9763mg	9.8g	761mg
Hazelnut oil	10101mg	10.1g	0mg
Avocado oil	12531mg	12.5g	957mg
Flaxseed oil	12701mg	12.7g	53300mg
Canola, Natreon high oleic	14503mg	14.5g	9137mg
Safflower oil, high oleic	14350mg	14.3g	0mg
Mustard oil	15332mg	15.3g	5900mg
Almond oil	17401mg	17.4g	0mg
Peanut oil (not recommended)	31711mg	31.7g	0mg
Rice bran oil	33402mg	33.4g	1600mg
Sesame oil	41304mg	41.3g	300mg
Soybean oil	50293mg	50.2g	7033mg
Cottonseed oil	51503mg	51.5g	200mg
Walnut oil	52,894mg	52.9g	10401mg
Corn oil	53,510mg	53.5g	1161mg
Wheat germ oil (not recommended)	54,797mg	54.8g	6901mg
Sunflower (linoleic)	65,702mg	65.7g	0mg
Grape seed oil	69,591mg	69.6g	100mg
Safflower (linoleic)	74,615mg	74.6g	0mg

<b>Animal Fats, per 100 grams (3.5oz)</b>	<b>Omega 6 mg</b>	<b>Omega 6 gram</b>	<b>Omega 3 ALA</b>
Butter oil	2200g	2.2g	1417mg
Beef tallow	3100mg	3.1g	600mg
Mutton tallow	5501mg	5.5g	2300mg
Goose fat	9801mg	9.8g	500mg
Lard (pig & bacon)	10199mg	10.2g	1000mg
Duck fat	11999mg	12g	1000mg
Chicken fat	19503mg	19.5g	1000mg
Turkey fat	21201mg	21.2g	1400mg

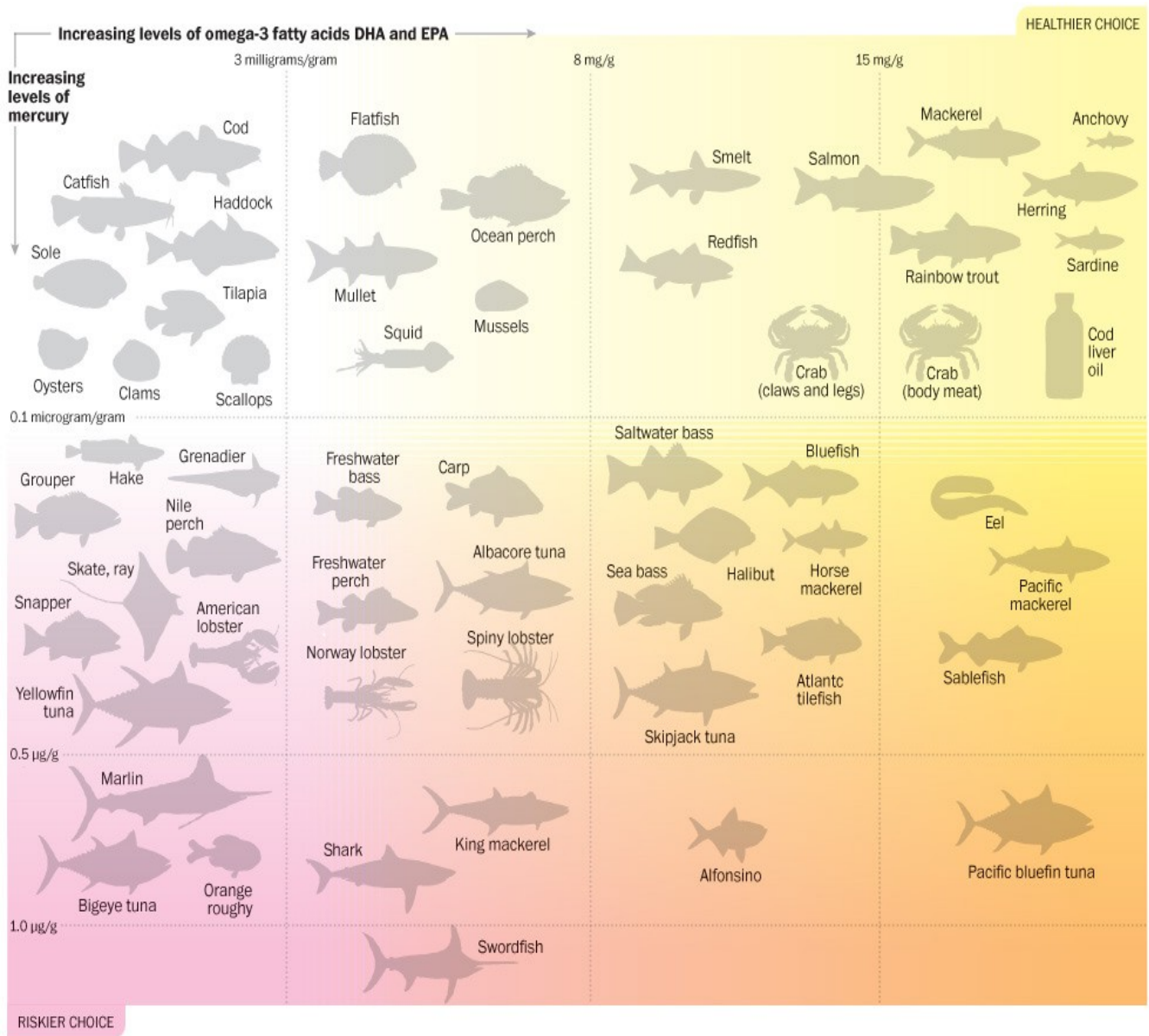
<b>Meat and protein foods per 100grams</b>	<b>Omega 6 (approximate)</b>	<b>Omega 3 (approximate)</b>
Beef, grass-fed, lean	90mg	23mg
Goat	100mg	20mg
Lamb	150 - 3000mg	100 - 1200mg
Venison	220mg	100mg
Bison	200 - 300mg	80mg
Beef, lean, grain-fed	300mg	10 - 30mg
Rabbit	360mg	140mg
Pork lean	300mg +	10mg +
Ostrich	350mg	70mg
Beef, grass-fed, not lean	420mg	86mg
Chicken liver	400 - 700mg	140 - 290mg
Duck breast, wild,	510mg	10mg
Turkey, light meat	550mg	20 - 60mg
Cheese, cheddar	557mg	365mg
Chicken light meat	690mg	76mg
Veal	1000 - 2500mg	140mg
Chicken thigh meat	1890mg	120 - 150mg
Egg whole, scrambled	1916mg	154mg
Turkey, meat and skin	2940mg	280mg
Chicken, dark meat & skin	3040mg	190 - 240mg
Duck, meat and skin	3360mg	60mg
Egg yolk	3538mg	282mg
Pork Belly	5020mg	480mg

<b>Nuts and seeds per 100g</b>	<b>Omega 6</b>	<b>Omega 3, short chain ALA</b>
Coconut, dried, desiccated	706mg	0mg
macadamia	1296mg	206mg
Hazelnuts, filberts	5499mg	87mg
Chia seed	5785mg	17552mg
Flaxseed	5911mg	22813mg
cashews	7782mg	161mg
almonds	12053mg	6mg
pistachio	13636mg	254mg
brazil	20564mg	18mg
pecans	20630mg	986mg
Pumpkin, pepita	20703mg	166mg
sesame	25226mg	376mg
Pine-nuts	33606mg	112mg
sunflower	37389mg	79mg
walnuts	38092mg	9079mg

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<b>Fish and Seafood, per 100 grams, highest to lowest omega 3</b>	<b>Omega 3, maximum amount measured (could have less)</b>		<b>Omega 6</b>
Fish caviar, black and red	6789mg		81mg
Mackerel, Atlantic raw	2670mg		219mg
Salmon, Atlantic, wild	2586mg		172mg
Salmon, Atlantic, farmed	2506mg		982mg
Herring, pacific, cooked	2418mg		192mg
Salmon, Chinook, cooked	2418mg		472mg
Tuna, blue fin	1664mg		68mg
Mackerel, pacific	1614mg		116mg
Sardine, Atlantic	1480mg		110mg
Salmon, sockeye, canned	1323mg		152mg
Trout, raw	1068mg		224mg
Bluefish, cooked	1067mg		60mg
Swordfish	825mg		30mg
Oysters, pacific, raw	740mg		32mg
Eel	653mg		196mg
Halibut	669mg		38mg
Shrimp, canned	601mg		28mg
Flatfish, founder, sole	563mg		8mg
Lobster, cooked	534mg		13mg
Mackerel, king, cooked	423mg		45mg
Clams (cockles)	396mg		32mg
Scallop	396mg		4mg
Crab, queen	382mg		8mg
Snapper	343mg		25mg
Octopus	326mg		9mg
Tuna, yellowfin	243mg		10mg
Cod, pacific, raw	221mg		8mg
Crayfish	184mg		76mg



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