

Dr. Crowley's Pharmacy

Omega 3

Builds cell membranes throughout body.
Affects cell receptors, regulates blood clotting
Lowers inflammation, Supports brain and eye health

The following foods are a great source of Omega 3

Fish

Salmon 6 oz 3.94g
Bluefin Tuna, cooked 6 oz 2.83g
Mackerel, cooked 6 oz 2.22g
Whitefish, 3 oz 1.55g
Canned Sardines 1 cup 1.46g
Trout, cooked 1 fillet 1.41g
Oysters, 3 oz 1.2g
Striped Bass, cooked 1 fillet 1.2g
Swordfish, cooked 3 oz 0.90g

Nuts and Seeds

Flax Seed 1 oz 6.48g
Chia Seeds 1 oz 5.06g
Walnuts 1 oz 2.58g
Pecans 1 oz 0.28g

Vegetables

Green Bell Peppers, cooked 1 cup 0.89g
Red Bell Peppers, cooked 1 cup 0.82g
Kale, cooked 1 cup 0.48g
Navy Beans 1 cup 0.32g
Brussel Sprouts, boiled 1 cup 0.27g
Cauliflower, boiled 1 cup 0.21g
Kimchi 1 cup 0.21g
Broccoli, cooked 1 cup 0.19g
Spinach, cooked 1 cup 0.17g
Summer Squash, cooked 1 cup 0.15g

Fruit

Fried yellow plantains 1 cup 0.37g
Avocados 1 avocado 0.25g
Guava 1 cup 0.18g
Raspberries 1 cup 0.15g
Blackberries 1 cup 0.13g
Strawberries 1 cup 0.11g
Blueberries 1 cup 0.1g

"Let food be thy medicine and medicine be thy food" Hippocrates