Eating Healthy

**Fish is the best source of Omega-3**

* Anchovies
* Herring
* Salmon
* Mackerel
* Sardines
* Trout
* Tuna
* Mussels
* Oysters
* Halibut

**Vegetarian Sources of Omega-3**

* Algae such as seaweed (high in EPA and DHA)
* Eggs (small amounts of DHA)
* Flaxseeds and flaxseed oil
* Chia seeds
* Canola and soybean oil
* Walnuts
* Mayonnaise
* Edamame
* Beans (refried, kidney, etc.)
* Brussels sprouts
* Kale
* Spinach

**Good fats:**

* Olive, canola, peanut, and sesame oils
* Avocados
* Olives
* Nuts (almonds, peanuts, macadamia, hazelnuts, pecans, cashews)
* Peanut butter
* Sunflower, sesame, and pumpkin seeds
* Flaxseed
* Walnuts
* Fatty fish (salmon, tuna, mackerel, herring, trout, sardines) and fish oil
* Soybean and safflower oil
* Soymilk
* Tofu