

VEGAN OMEGA-3'S

There are three types of omega-3 fatty acids: alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). EPA and DHA are the omega-3 fatty acids associated with health benefits, such as brain health and reduced risk of cardiovascular disease and inflammation. When food containing ALA is consumed, ALA converts to EPA and DHA in the body. Unfortunately, only small amounts of ALA are converted to EPA and DHA.

ALA should be consumed daily at 1,100 mg to 1,600 mg or 8,000 mg to 11,000 mg weekly.

Plant-based supplements made from seaweed, kelp or algae are the only plant-based source of EPA and DHA. Supplementation is an excellent option for getting omega-3s on a vegan diet. Look for capsules that are plant-based, as some are made with gelatin. Unless directed by your doctor or pharmacist, most health organizations recommend getting 250 mg to 500 mg daily of EPA and DHA. Some recommendations for EPA and DHA are higher than that, but most health organizations agree that 5,000 mg is the maximum dose that should be taken. If you are unsure what amount of EPA and DHA you should supplement daily, speak to your doctor or pharmacist to ensure you get the correct dose.

When purchasing supplements, ensure they are free of heavy metals, do not contain animal-based ingredients, and are made by a reputable brand. The highest-quality supplements are also third-party tested for purity to ensure you get what you paid for.

Vegan Food	Amount	ALA (mg)
Chia seeds	1 tbsp	1,896
Flaxseed (ground)	1 tbsp	2,464
Hempseeds	1 tbsp	870
Pecans	1/4 cup	277
Walnuts	1/4 cup	2,760
Avocado oil	1 tbsp	136
Canola oil	1 tbsp	1,296
Flaxseed oil	1 tbsp	7,742
Walnut oil	1 tbsp	1,434
Margarine	1 tbsp	732
Tofu	1/2 cup	480
Soybeans (roasted)	1/4 cup	420
Edamame beans	1/2 cup	337