

**World's Healthiest Foods ranked as quality sources of:
omega 3 fatty acids**

Food	Serving Size	Cals	Amount (g)	DV (%)	Nutrient Density	Rating
Flaxseeds	2 tbs	95.3	3.51	146.3	27.6	excellent
Cloves, dried, ground	2 tsp	14.2	0.20	8.3	10.6	very good
Walnuts	0.25 cup	163.5	2.27	94.6	10.4	excellent
Oregano, dried, ground	2 tsp	9.2	0.12	5.0	9.8	very good
Salmon, chinook, baked/broiled	4 oz-wt	261.9	2.09	87.1	6.0	excellent
Cauliflower, boiled	1 cup	28.5	0.21	8.8	5.5	very good
Mustard seeds	2 tsp	35.0	0.20	8.3	4.3	very good
Cabbage, shredded, boiled	1 cup	33.0	0.17	7.1	3.9	very good
Romaine lettuce	2 cup	15.7	0.08	3.3	3.8	good
Broccoli, steamed	1 cup	43.7	0.20	8.3	3.4	very good
Brussel sprouts, boiled	1 cup	60.8	0.26	10.8	3.2	good
Winter squash, baked, cubes	1 cup	80.0	0.34	14.2	3.2	good
Tofu, raw	4 oz-wt	86.2	0.36	15.0	3.1	good
Summer squash, cooked, slices	1 cup	36.0	0.15	6.3	3.1	good
Halibut, baked/broiled	4 oz-wt	158.8	0.62	25.8	2.9	good
Collard greens, boiled	1 cup	49.4	0.18	7.5	2.7	good
Spinach, boiled	1 cup	41.4	0.15	6.3	2.7	good
Kale, boiled	1 cup	36.4	0.13	5.4	2.7	good
Soybeans, cooked	1 cup	297.6	1.03	42.9	2.6	good
Shrimp, steamed/boiled	4 oz-wt	112.3	0.37	15.4	2.5	good
Turnip greens, cooked	1 cup	28.8	0.09	3.8	2.3	good
Cod, baked/broiled	4 oz-wt	119.1	0.32	13.3	2.0	good
Strawberries	1 cup	43.2	0.11	4.6	1.9	good

Green beans, boiled	1 cup	43.8	0.11	4.6	1.9	good
Snapper, baked/broiled	4 oz-wt	145.2	0.36	15.0	1.9	good
Scallops, baked/broiled	4 oz-wt	151.7	0.35	14.6	1.7	good
Tuna, yellowfin, baked/broiled	4 oz-wt	157.6	0.33	13.8	1.6	good
Raspberries	1 cup	60.3	0.12	5.0	1.5	good
Miso	1 oz	70.8	0.14	5.8	1.5	good