

Foods With the Most Omega-3

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If you've been told by your doctor that your cholesterol is high, and you don't relish the idea of a lifetime of taking expensive medications, there's good news. A number of dietary supplements, including omega-3 fatty acids, can help lower your low-density lipoproteins and raise your high-density lipoproteins without the side effects of prescription medications. Omega-3 fatty acids are a form of polyunsaturated fats that are available in supplement form, or better yet, as part of a heart-healthy diet. Omega-3 not only helps with lowering your cholesterol, but may also help with asthma, certain types of cancer, diabetes, high blood pressure, obesity and rheumatoid arthritis.

Fish

Some of the most popular sources of omega-3 fatty acids are in various types of cold-water seafood. Atlantic salmon (2,843 mg), mackerel (2,042 mg) and sea bass (1,386 mg) are all good sources of omega-3 fatty acids and are based on a 200-calorie serving.

Nuts & Seeds

Nuts and seeds contain high concentrations of omega-3 fatty acids. Flaxseed (8,543 mg), walnuts (2,776 mg) and pecans (288 mg) can be eaten as snacks or added to salads to liven up the taste of a bland menu.

Vegetables

Vegetables offer a wide variety of [foods](#) that are high in omega-3 fatty acids. Raw grape leaves (1,841 mg), cooked broccoli (2,346 mg), canned spinach (1,284 mg) and winter squash (846 mg) are some of the best and available just about everywhere.

Fruits

You wouldn't suspect that omega-3 fatty acids could be found in two distinctly different food groups, such as fish and fruit, but they are. Raspberries (485 mg), cantaloupe (271 mg) and blackberries (256 mg) offer tasty ways to add omega-3s to your diet.