
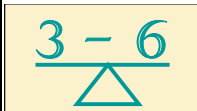



EAT the three!

NDB_NO	DESCRIPTION		Omega 3-6 Balance Score	
04593	Fish oil, salmon		263	very good effect
04591	Fish oil, menhaden		200	good effect
15012	Fish, caviar, black and red, granular		166	OK effect
04594	Fish oil, sardine		166	not very good effect
04589	Fish oil, cod liver		140	bad effect
15072	Fish, roe, mixed species, raw		110	awful effect
83110	Fish, mackerel, salted		109	
15207	Fish, roe, mixed species, cooked, dry heat		99	
04590	Fish oil, herring		86	
06963	Fish broth		85	
15084	Fish, salmon, pink, canned, solids with bone and liquid		83	
15001	Fish, anchovy, european, raw		78	
15236	Fish, salmon, Atlantic, farmed, raw		73	
15076	Fish, salmon, Atlantic, wild, raw		73	
15209	Fish, salmon, Atlantic, wild, cooked, dry heat		73	
15040	Fish, herring, Atlantic, cooked, dry heat		70	
15042	Fish, herring, Atlantic, kippered		70	
15002	Fish, anchovy, european, canned in oil, drained solids		68	
15201	Fish, mackerel, Pacific and jack, mixed species, cooked		67	
15087	Fish, salmon, sockeye, canned, drained solids with bone		66	
15197	Fish, herring, Pacific, cooked, dry heat		63	
15223	Fish, whitefish, mixed species, cooked, dry heat		62	
15118	Fish, tuna, fresh, bluefin, cooked, dry heat		61	
15117	Fish, tuna, fresh, bluefin, raw		61	
15080	Fish, salmon, chum, drained solids with bone		60	
15231	Mollusks, oyster, Pacific, cooked, moist heat		59	
15082	Fish, salmon, coho, wild, cooked, moist heat		58	
15081	Fish, salmon, coho, wild, raw		57	
15048	Fish, mackerel, jack, canned, drained solids		57	
15210	Fish, salmon, chinook, cooked, dry heat		56	
15014	Fish, cisco, smoked		55	
15188	Fish, bass, striped, cooked, dry heat		55	
15247	Fish, salmon, coho, wild, cooked, dry heat		53	
15208	Fish, sablefish, cooked, dry heat		53	
15075	Fish, sablefish, smoked		53	
15052	Fish, mackerel, spanish, cooked, dry heat		52	
15092	Fish, sea bass, mixed species, cooked, dry heat		49	
15189	Fish, bluefish, cooked, dry heat		48	
15100	Fish, smelt, rainbow, cooked, dry heat		48	
15238	Fish, salmon, coho, farmed, raw		48	
42231	Oil, flaxseed		46	very good effect
15126	Fish, tuna, white, canned in water, drained solids		46	good effect
15239	Fish, salmon, coho, farmed, cooked, dry heat		46	OK effect
43497	Jellyfish, dried, salted		45	not very good effect
15170	Mollusks, oyster, eastern, canned		45	bad effect
15089	Fish, sardine, Pacific, canned in tomato sauce, drained		44	awful effect
15169	Mollusks, oyster, eastern, wild, cooked, moist heat		43	
15167	Mollusks, oyster, eastern, wild, raw		43	
15224	Fish, wolffish, Atlantic, cooked, dry heat		43	
15113	Fish, tilefish, cooked, dry heat		42	

15116	Fish, trout, rainbow, wild, cooked, dry heat	41
15182	Fish, salmon, sockeye, canned, without salt, drained	40
15111	Fish, swordfish, cooked, dry heat	40
15152	Crustaceans, shrimp, mixed species, canned	39
15041	Fish, herring, Atlantic, pickled	38
06174	Soup, stock, fish, home-prepared	37
15216	Fish, spot, cooked, dry heat	37
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	37
15241	Fish, trout, rainbow, farmed, cooked, dry heat	36
15196	Fish, halibut, greenland, cooked, dry heat	36
15086	Fish, salmon, sockeye, cooked, dry heat	35
15085	Fish, salmon, sockeye, raw	35
15114	Fish, trout, mixed species, raw	35
15219	Fish, trout, mixed species, cooked, dry heat	35
15217	Fish, sucker, white, cooked, dry heat	34
06180	Soup, shark fin, restaurant-prepared	34
15047	Fish, mackerel, Atlantic, cooked, dry heat	33
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	33
15205	Fish, pollock, Atlantic, cooked, dry heat	32
15067	Fish, pollock, walleye, cooked, dry heat	32
12220	Seeds, flaxseed	32
15212	Fish, salmon, pink, cooked, dry heat	30
15137	Crustaceans, crab, alaska king, cooked, moist heat	29
15165	Mollusks, mussel, blue, cooked, moist heat	28
15109	Fish, surimi	28
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	28
15077	Fish, salmon, chinook, smoked	27
15179	Fish, salmon, chinook, smoked, (lox), regular	27
15227	Crustaceans, crab, queen, cooked, moist heat	27
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	26
11669	Seaweed, wakame, raw	25
15024	Fish, drum, freshwater, raw	25
15195	Fish, drum, freshwater, cooked, dry heat	25
12006	Seeds, chia seeds, dried	24
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	23
15200	Fish, mackerel, king, cooked, dry heat	23
15049	Fish, mackerel, king, raw	22
15204	Fish, pike, walleye, cooked, dry heat	22
15069	Fish, pompano, florida, cooked, dry heat	22
15105	Fish, sturgeon, mixed species, cooked, dry heat	20
15088	Fish, sardine, Atlantic, canned in oil, drained solids with oil	19
15061	Fish, perch, mixed species, cooked, dry heat	18
15031	Fish, grouper, mixed species, raw	17
15214	Fish, seatrout, mixed species, cooked, dry heat	17
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	16
15123	Fish, tuna, fresh, skipjack, raw	16
15102	Fish, snapper, mixed species, cooked, dry heat	16
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	16
15121	Fish, tuna, light, canned in water, drained solids with oil	15
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	15
15184	Fish, tuna, light, canned in water, without salt, drained solids with oil	15
15159	Mollusks, clam, mixed species, cooked, moist heat	15

25	very good effect
25	good effect
25	OK effect
24	not very good effect
23	bad effect
23	awful effect
22	
22	
22	
20	

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15035	Fish, haddock, smoked	15	
15056	Fish, mullet, striped, cooked, dry heat	14	
11446	Seaweed, laver, raw	14	
15009	Fish, carp, cooked, dry heat	14	
15176	Mollusks, squid, mixed species, cooked, fried	14	
15148	Crustaceans, lobster, northern, cooked, moist heat	14	
15199	Fish, lingcod, cooked, dry heat	14	
15131	Fish, whitefish, mixed species, smoked	13	
15192	Fish, cod, Pacific, cooked, dry heat	13	
15032	Fish, grouper, mixed species, cooked, dry heat	12	
15034	Fish, haddock, cooked, dry heat	12	
15140	Crustaceans, crab, blue, cooked, moist heat	12	
15141	Crustaceans, crab, blue, canned	12	
15030	Fish, gefiltefish, commercial, sweet recipe	11	
15230	Mollusks, octopus, common, cooked, moist heat	11	
15096	Fish, shark, mixed species, cooked, batter-dipped and	11	
02044	Basil, fresh	11	
11975	Grape leaves, canned	10	
15233	Fish, catfish, channel, wild, cooked, dry heat	10	
15016	Fish, cod, Atlantic, cooked, dry heat	9	very good effect
15017	Fish, cod, Atlantic, canned, solids and liquid	9	good effect
15018	Fish, cod, Atlantic, dried and salted	9	OK effect
15194	Fish, dolphinfish, cooked, dry heat	9	not very good effect
15142	Crustaceans, crab, blue, crab cakes	9	bad effect
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	9	awful effect
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	9	
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	8	
07213	OSCAR MAYER, Ham (water added, baked cooked 96%)	8	
11969	Broccoli, chinese, cooked	8	
15160	Mollusks, clam, mixed species, canned, drained solids	8	
11974	Grape leaves, raw	8	
02023	Spices, marjoram, dried	8	
02041	Spices, tarragon, dried	8	
15190	Fish, burbot, cooked, dry heat	7	
11676	Radish seeds, sprouted, raw	7	
15063	Fish, pike, northern, cooked, dry heat	7	
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	7	
15106	Fish, sturgeon, mixed species, smoked	6	
02065	Spearmint, fresh	6	
15098	Fish, sheepshead, cooked, dry heat	6	
11461	Spinach, canned, regular pack, drained solids	6	
15026	Fish, eel, mixed species, cooked, dry heat	6	
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	6	
15127	Fish, tuna, fresh, yellowfin, raw	6	
02064	Peppermint, fresh	5	
11459	Spinach, canned, regular pack, solids and liquids	5	
11761	Cauliflower, cooked, boiled, drained, with salt	5	
11457	Spinach, raw	5	
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	5	
11096	Broccoli raab, raw	4	
15151	Crustaceans, shrimp, mixed species, cooked, moist heat	4	
11251	Lettuce, cos or romaine, raw	4	

11276	New Zealand spinach, raw	4
11250	Lettuce, butterhead (includes boston and bibb types),	4
11277	New Zealand spinach, cooked, boiled, drained, without salt	4
11802	New Zealand spinach, cooked, boiled, drained, with salt	4
02049	Thyme, fresh	4
11570	Turnip greens, canned, solids and liquids	3
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	3
11854	Spinach, cooked, boiled, drained, with salt	3
11740	Broccoli, flower clusters, raw	3
11741	Broccoli, stalks, raw	3
11504	Swamp cabbage, cooked, boiled, drained, without salt	3
11890	Turnips, frozen, cooked, boiled, drained, with salt	3
11094	Broccoli, frozen, spears, unprepared	3
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	3
15168	Mollusks, oyster, eastern, cooked, breaded and fried	3
16084	Mungo beans, mature seeds, cooked, boiled, without salt	3
11137	Cauliflower, frozen, unprepared	3
11567	Turnips, frozen, cooked, boiled, drained, without salt	3
11092	Broccoli, frozen, chopped, unprepared	3
02054	Capers, canned	3
11566	Turnips, frozen, unprepared	3
12193	Seeds, sisymbrium sp. seeds, whole, dried	3
11119	Cabbage, chinese (pe-tsai), raw	3
43387	Turnip greens, canned, no salt added	3
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	3
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	3
11965	Cauliflower, green, raw	2
11968	Cauliflower, green, cooked, with salt	2
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	2
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	2
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	2
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	2
11253	Lettuce, green leaf, raw	2
11574	Turnip greens, frozen, unprepared	2
11745	Brussels sprouts, cooked, boiled, drained, with salt	2
11252	Lettuce, iceberg (includes crisphead types), raw	2
11029	Beans, kidney, mature seeds, sprouted, raw	2
11953	Squash, zucchini, baby, raw	2
11576	Turnip greens and turnips, frozen, unprepared	2
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	2
14355	Tea, brewed, prepared with tap water	2
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	2
11091	Broccoli, cooked, boiled, drained, without salt	2
11164	Collards, frozen, chopped, cooked, boiled, drained, with salt	2
11477	Squash, summer, zucchini, includes skin, raw	2
11569	Turnip greens, cooked, boiled, drained, without salt	2
08502	Cereals ready-to-eat, NATURE'S PATH, OPTIMUM	2
11431	Radishes, oriental, cooked, boiled, drained, without salt	2
09062	Cherimoya, raw	2
11858	Squash, summer, crookneck and straightneck, cooked, baked, with salt	2
11863	Squash, winter, all varieties, cooked, baked, with salt	2
11046	Beans, navy, mature seeds, sprouted, raw	2



very good effect


good effect

OK effect

not very good effect

bad effect

awful effect

11937	Pickles, cucumber, dill or kosher dill	1	
11062	Beans, snap, green, frozen, all styles, microwaved	1	
11471	Squash, summer, crookneck and straightneck, canned	1	
11056	Beans, snap, green, canned, regular pack, drained so	1	
11792	Kale, scotch, cooked, boiled, drained, with salt	1	
11790	Kale, cooked, boiled, drained, with salt	1	
11729	Beans, snap, green, canned, no salt added, drained s	1	
11932	Beans, snap, yellow, canned, regular pack, drained sc	1	
03010	Babyfood, meat, lamb, strained	1	
11233	Kale, raw	1	very good effect
09176	Mangos, raw	1	good effect
16044	Beans, pinto, mature seeds, canned	1	OK effect
17171	Game meat, horse, cooked, roasted	1	not very good effect
03092	Babyfood, vegetables, green beans, junior	1	bad effect
11435	Rutabagas, raw	1	awful effect