	EAT the three!			
NDB_NO		2	Omega :	3-6 Balance Score
<del></del>	Fish oil, salmon	3 - 6	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
	Fish, mackerel, salted		109	
15207	Fish, roe, mixed species, cooked, dry h	neat	99	
04590	Fish oil, herring	100.	86	
06963	Fish broth		85	
15084	Fish, salmon, pink, canned, solids with	bone and liqui		
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, dr	v heat	73	
15040	Fish, herring, Atlantic, cooked, dry hea	· -	70	
15042	Fish, herring, Atlantic, kippered		70	
15002	Fish, anchovy, european, canned in oil	, drained solids		
15201	Fish, mackerel, Pacific and jack, mixed			
15087	Fish, salmon, sockeye, canned, drained			
15197	Fish, herring, Pacific, cooked, dry heat		63	
15223	Fish, whitefish, mixed species, cooked,		62	
15118	Fish, tuna, fresh, bluefin, cooked, dry l		61	
15117	Fish, tuna, fresh, bluefin, raw		61	
15080	Fish, salmon, chum, drained solids with		60	
15231	Mollusks, oyster, Pacific, cooked, moist	t heat	59	
15082	Fish, salmon, coho, wild, cooked, mois	t heat	58	
15081	Fish, salmon, coho, wild, raw		57	
15048	Fish, mackerel, jack, canned, drained s		57	
15210	Fish, salmon, chinook, cooked, dry hea	at	56	
15014	Fish, cisco, smoked		55	
15188	Fish, bass, striped, cooked, dry heat		55	
15247	Fish, salmon, coho, wild, cooked, dry h	neat	53	
15208	Fish, sablefish, cooked, dry heat		53	
15075	Fish, sablefish, smoked		53	
15052	Fish, mackerel, spanish, cooked, dry h		52	
15092	Fish, sea bass, mixed species, cooked,	dry heat	49	
15189	Fish, bluefish, cooked, dry heat		48	3 - 6
15100	Fish, smelt, rainbow, cooked, dry heat		48	
15238	Fish, salmon, coho, farmed, raw		48	very good offect
42231	Oil, flaxseed	inad salids	46	very good effect
15126	Fish, tuna, white, canned in water, dra		46	good effect OK effect
15239	Fish, salmon, coho, farmed, cooked, di	ry neat	46 45	not very good effect
43497 15170	Jellyfish, dried, salted		45 45	bad effect
15170	Mollusks, oyster, eastern, canned	o cauco draino		awful effect
15089 15169	Fish, sardine, Pacific, canned in tomato Mollusks, oyster, eastern, wild, cooked		44 43	awidi ellect
	Mollucks overter eastern wild row	i, moist neat	43	

43

43

15167 Mollusks, oyster, eastern, wild, raw

15113 Fish, tilefish, cooked, dry heat

15224 Fish, wolffish, Atlantic, cooked, dry heat

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
		37
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	
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 he	
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		29
	Crustaceans, crab, alaska king, cooked, moist heat	
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	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 hea	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 wi	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, m	
15121	Fish, tuna, light, canned in water, drained solids	15
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	15
15037	Fish, tuna, light, canned in water, without salt, draine	
15164	Mollusks, clam, mixed species, cooked, moist heat	15
10109	monusks, ciam, mikeu species, cookeu, moist neat	13

very good effect
good effect
OK effect
not very good effect
bad effect
awful effect

	Fish, carp, cooked, dry heat Mollusks, squid, mixed species, cooked, fried Crustaceans, lobster, northern, cooked, moist heat Fish, lingcod, cooked, dry heat Fish, whitefish, mixed species, smoked Fish, cod, Pacific, cooked, dry heat Fish, grouper, mixed species, cooked, dry heat Fish, haddock, cooked, dry heat	15 14 14 14 14 14 13 13 12 12 12 11 11 11 11	
15016 15017	Fish, cod, Atlantic, cooked, dry heat Fish, cod, Atlantic, canned, solids and liquid	9 9	very good effect good effect OK effect
15018 15194	Fish, cod, Atlantic, dried and salted Fish, dolphinfish, cooked, dry heat	9 9	not very good effect
15142	Crustaceans, crab, blue, crab cakes	9	bad effect
15229	Mollusks, cuttlefish, mixed species, cooked, moist hea	9	awful effect
15146	Crustaceans, crayfish, mixed species, wild, cooked, m		2 6
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	8	3 - 0
07213	OSCAR MAYER, Ham (water added, baked cooked 96		
11969		8	
15160	Mollusks, clam, mixed species, canned, drained solids		
11974	Grape leaves, raw	8	
02023		8	
02041	Spices, tarragon, dried	8	
15190	Fish, burbot, cooked, dry heat	7	
11676	Radish seeds, sprouted, raw	7 7	
15063 15243	Fish, pike, northern, cooked, dry heat Crustaceans, crayfish, mixed species, farmed, cooked		
15243	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 he		
11251	Lettuce, cos or romaine, raw	4	1

11276	New Zealand spinach, raw	4
11250	Lettuce, butterhead (includes boston and bibb types),	4
11277	New Zealand spinach, cooked, boiled, drained, withou	4
11802	New zealand spinach, cooked, boiled, drained, with sa	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 sal	3
11890	Turnips, frozen, cooked, boiled, drained, with salt	3
11094	Broccoli, frozen, spears, unprepared	3
11138	Cauliflower, frozen, cooked, boiled, drained, without s	3
15168	Mollusks, oyster, eastern, cooked, breaded and fried	3
16084	Mungo beans, mature seeds, cooked, boiled, without	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, v	3
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, v	3
11965	Cauliflower, green, raw	2
11968	Cauliflower, green, cooked, with salt	2
11478	Squash, summer, zucchini, includes skin, cooked, boi	2
11861	Squash, summer, zucchini, includes skin, cooked, boi	2
11575	Turnip greens, frozen, cooked, boiled, drained, withou	
11892	Turnip greens, frozen, cooked, boiled, drained, with s	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, dra	
14355	Tea, brewed, prepared with tap water	2
11577	Turnip greens and turnips, frozen, cooked, boiled, dra	
11091	Broccoli, cooked, boiled, drained, without salt	2
11164	Collards, frozen, chopped, cooked, boiled, drained, wi	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 sa	
09062	Cherimoya, raw	2
11858	Squash, summer, crookneck and straightneck, cooked	
11863	Squash, winter, all varieties, cooked, baked, with salt	
11046	Beans, navy, mature seeds, sprouted, raw	2



very good effect
good effect
OK effect
not very good effect
bad effect
awful effect

11857	Squash, summer, all varieties, cooked, boiled, draine	2
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled	2
11568	Turnip greens, raw	2
11058	Beans, snap, canned, all styles, seasoned, solids and	2
11641	Squash, summer, all varieties, raw	1
11468	Squash, summer, crookneck and straightneck, cooked	1
09445	Kiwifruit, gold, raw	
11101	Brussels sprouts, frozen, cooked, boiled, drained, with	
43142	Radishes, hawaiian style, pickled	1
11490	Squash, winter, hubbard, cooked, baked, without salt	
11491	Squash, winter, hubbard, cooked, boiled, mashed, wi	1
43112	Beans, chili, barbecue, ranch style, cooked	1
11493	Squash, winter, spaghetti, cooked, boiled, drained, or	
11476	Squash, summer, scallop, cooked, boiled, drained, wi	_
11941	Pickles, cucumber, sour	1
11889	Turnips, cooked, boiled, drained, with salt	1
11959	Arugula, raw	1
11095	Broccoli, frozen, spears, cooked, boiled, drained, with	
11744	Broccoli, frozen, spears, cooked, boiled, drained, with	
11050	Beans, shellie, canned, solids and liquids	1
15138	Crustaceans, crab, alaska king, imitation, made from	1
11564	Turnips, raw	1
11591	Watercress, raw	1
11644	Squash, winter, all varieties, cooked, baked, without	1
11116	Cabbage, chinese (pak-choi), raw	1
11053	Beans, snap, green, cooked, boiled, drained, without	1
11725	Beans, snap, yellow, cooked, boiled, drained, with sal	
04638	Salad dressing, ranch dressing, fat-free	1
16023	Beans, french, mature seeds, cooked, boiled, without	1
11637	Radishes, white icicle, raw	1
11862	Squash, summer, zucchini, includes skin, frozen, cool	1
11429	Radishes, raw	1
09226	Papayas, raw	1
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained	1
03093	Babyfood, green beans, dices, toddler	1
11479	Squash, summer, zucchini, includes skin, frozen, unp	1
11052	Beans, snap, green, raw	1
11054	Beans, snap, green variety, canned, regular pack, sol	
11726	Beans, snap, green, canned, no salt added, solids and	
11727	Beans, snap, yellow, canned, regular pack, solids and	
11728	Beans, snap, yellow, canned, no salt added, solids an	
11859	Squash, summer, crookneck and straightneck, frozen	
11149	Chayote, fruit, raw	1
11480	Squash, summer, zucchini, includes skin, frozen, cool	1
11730	Beans, snap, yellow, frozen, all styles, unprepared	1
11473	Squash, summer, crookneck and straightneck, frozen	1
11791	Kale, frozen, cooked, boiled, drained, with salt	1
11430	Radishes, oriental, raw	1
21252	BURGER KING, WHOPPER, no cheese	1
11622	Kale, scotch, raw	1
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, (	1
09144	Jackfruit, raw	1

3-6

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	3 - 6
11932	Beans, snap, yellow, canned, regular pack, drained so	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