

Grains and beans

Food	Serving size (g)	Omega-6 (mg)	Omega-3 (mg)	Omega-6: omega-3 ratio
Matpe (<i>Vigna mungo</i> bean), boiled	100	24	335	1.0: 14
Peanut, All types, raw	100	15691	3	5320.3: 1
Soybeans, dried, cooked	100	4466	598	7.5: 1
Tofu, regular	100	2380	319	7.5: 1
Nattō, regular	100	5476	734	7.5: 1
Chickpeas, mature seeds, cooked, boiled, without salt	100	1113	43	25.9: 1
Brown beans, boiled	100	20	15	1.3:1
Pasta, whole wheat, boiled	100	30	2	3.0:1

Green, leafy vegetables

Food	Serving size (g)	Omega-6 (mg)	Omega-3 (mg)	Omega-6: omega-3 ratio
<i>Arugula</i> raw	1 cup	26	34	1.0: 1.3
Green leaf lettuce, fresh, raw	100	24	58	1.0: 2.4
Red leaf lettuce, fresh, raw	100	-	-	-
<i>Boston lettuce</i> or Bibb lettuce, fresh, raw	1 cup	-	-	-
<i>Brussels sprouts</i> cooked	100	79	173	1.0: 2.2
<i>Cabbage</i> red, raw	100	34	45	1.0: 1.3
Chinese cabbage cooked, boiled, drained, without salt	100	31	41	1.0: 1.3
Chard, cooked, boiled, drained, without salt	1 cup	43.7	5.3	8.2: 1
Sauerkraut, canned, low sodium	100	26	25	1.0: 1
Spinach, cooked, boiled, drained, without salt	100	17	92	1.0: 5.4
Turnip greens, cooked	100	28	64	1.0: 2.3
Dandelion greens, cooked	1/2 cup	-	0.1	-
Kale, cooked	1/2 cup	0.1	0.1	1.0: 1
<i>Kohlrabi</i> raw	1 cup	27	35	1.0: 1.7
Beet greens, cooked	100	65	6	10.8: 1
Collard greens, cooked, boiled, drained, without salt	1 cup	133	177	1.0: 1.3
Mustard greens, cooked, boiled, drained, without salt	100	24	22	1.1: 1

Root vegetables

Food	Serving size (g)	Omega-6 (mg)	Omega-3 (mg)	Omega-6: omega-3 ratio
<i>Carrots, raw</i>	100	115	2	57.5: 1
<i>Beets, raw</i>	100	55	5	11.0: 1
<i>Parsley, raw</i>	100	115	8	14.4: 1
<i>Turnips, raw</i>	100	12	40	1.0: 3.3

Pumpkins and squashes

Food	Serving size (g)	Omega-6 (mg)	Omega-3 (mg)	Omega-6: omega-3 ratio
<i>Butternut squash, Squash, winter, butternut, cooked, baked, without salt</i>	100	14	24	1.0: 1.7
<i>Zucchini, Squash, summer, zucchini, includes skin, raw</i>	100	14	24	1.0: 1.7
<i>Acorn squash, Squash, winter, acorn, cooked, baked, without salt</i>	100	22	37	1.0: 1.7
<i>Tomatoes, Tomatoes, red, ripe, raw</i>	100	80	3	26.7: 1

Meat

Food	Serving size	Omega-6 (%)	Omega-3 (%)	Omega-6: omega-3 ratio
<i>Kangaroo, average of all cuts and species. Measured on raw cut weight.</i>	% of total fat	27.4	10.7	2.5: 1
<i>Beef, Angus cattle, grass-fed</i>	% of total fatty acids	5.00	2.95	1.72: 1
<i>Beef, Angus cattle, grain-fed</i>	% of total fatty acids	8.05	0.86	10.38: 0

Sea Food

Food	Serving size (g)	Omega-6 fatty acids (mg)	Omega-3 fatty acids (mg)	Omega-6: omega-3 ratio
<i>Atlantic salmon, wild, raw</i>	100	172	2018	1.0: 11.7
<i>Atlantic sardines, canned in oil, drained</i>	1 can (92 g)	3260	1362	2.4: 1
<i>Tuna, canned in water, drained</i>	1 can (165 g)	14.8	460	1.0: 31.1
<i>Tuna, canned in oil, drained</i>	1 can (171 g)	4588	345	13.3: 1
<i>Cod, fresh and frozen</i>	4 oz (113 g)	100	600	1.0: 6
<i>Mackerel, canned, drained</i>	1 can (361 g)	357	4970	1.0: 13.9
<i>Swordfish, fresh and frozen, cooked</i>	4 oz (113 g)	300	1700	1.0: 5.6
<i>Crab, soft shell, cooked</i>	4 oz (113 g)	100	600	1.0: 6
<i>Lobster, cooked</i>	4 oz (113 g)	6	120	1.0: 20
<i>Bluefish, fresh and frozen, cooked</i>	4 oz (113 g)	300	1700	1.0: 5.6
<i>Salmon, canned, drained</i>	4 oz (113 g)	200	2200	1.0: 11
<i>Smelt, rainbow</i>	4 oz (113 g)	200	500	1.0: 2.5
<i>Scallops, Maine, fresh and frozen, cooked</i>	4 oz (113 g)	100	500	1.0: 5
<i>Pacific herring</i>	100 g	246	2418	1.0: 9.8

Nuts and seeds

Food	Serving size (g)	Omega-6 (mg)	Omega-3 (mg)	Omega-6: omega-3 ratio
<i>Almonds, dry roasted</i>	100	12065	6	2010.8: 1
<i>Cashews</i>	100	7782	62	125.5: 1
<i>Chia seeds</i>	100	5785	17552	1.0: 3
<i>Coconut, raw</i>	100	366	-	-
<i>Flax seeds</i>	100	5911	22813	1.0: 3.9
<i>Hazelnuts, filberts</i>	100	7832	87	90.0: 1

Food	Serving size (g)	Omega-6 (mg)	Omega-3 (mg)	Omega-6: omega-3 ratio
<i>Hemp seeds, hulled</i>	100	27358	8684	3.2: 1
<i>Pecans</i>	100	20630	986	20.9: 1
<i>Pistachios, raw</i>	100	13200	254	52:01:00
<i>Poppy seed</i>	100	28291	273	103.6: 1
<i>Pumpkin seeds, whole, roasted, without salt</i>	100	8759	77	113.8: 1
<i>Sesame seeds, whole, dried</i>	100	21372	376	56.8: 1
<i>Sunflower seeds, kernels, dried</i>	100	23048	74	311.5: 1
<i>Walnuts</i>	100	38093	9080	4.2: 1
<i>Sacha Inchi seeds</i>	1 oz (28 g)	5486	4771	1.15: 1
<i>Lentils, mature seeds, cooked, boiled, without salt</i>	100	137	37	3.7: 1

https://en.wikipedia.org/wiki/Fatty_acid_ratio_in_food