

Plant Fats and Oils	Omega 6 mg per 100grams, Lowest to highest	Omega 6 gram per 100 grams (rounded)
Palm Kernel oil	1600mg	1.6g
Coconut oil	1800mg	1.8g
Macadamia nut oil	2400mg	2.4g
Cocoa butter	2800mg	2.8g
Sunflower, high oleic 70% & over	3606mg	3.6g
Sheanut oil	4900mg	4.9g
Palm oil	9100mg	9.1g
Olive oil	9763mg	9.8g
Hazelnut oil	10101mg	10.1g
Avocado oil	12531mg	12.5g
Flaxseed oil	12701mg	12.7g
Canola, Natreon high oleic	14503mg	14.5g
Safflower oil, high oleic	14350mg	14.3g
Mustard oil	15332mg	15.3g
Almond oil	17401mg	17.4g
Rice bran oil	33402mg	33.4g
Sesame oil	41304mg	41.3g
Soyabean oil	50293mg	50.2g
Cottonseed oil	51503mg	51.5g
Walnut oil	52,894mg	52.9g
Corn oil	53,510mg	53.5g
Wheat germ oil	54,797mg	54.8g
Sunflower (linoleic)	65,702mg	65.7g
Grape seed	69,591mg	69.6g
Safflower (linoleic)	74,615mg	74.6g

Animal Fats	Omega 6 mg per 100g	Omega 6 gram per 100 grams
Butter	2200g	2.2g
Beef tallow	3100mg	3.1g
Mutton tallow	5501mg	5.5g
Goose fat	9801mg	9.8g
Lard (pig & bacon)	10199mg	10.2g
Duck fat	11999mg	12g
Chicken fat	19503mg	19.5g
Turkey fat	21201mg	21.2g

Meat and protein foods per 100grams	Omega 6 (approximate)		Omega 3 (approximate)
Venison	76mg		100mg
Goat	100mg		20mg
Lamb	150 - 3000mg		100 - 1200mg
Bison	200 - 300mg		80mg
Beef, lean	300mg		10 - 30mg
Rabbit	360mg		140mg
Pork lean	300mg +		10mg +
Ostrich	350mg		70mg
Chicken liver	400 - 700mg		140 - 290mg
Duck breast, wild,	510mg		10mg
Turkey, light meat	550mg		20 - 60mg
Cheese, cheddar	557mg		365mg
Chicken light meat	690mg		76mg
Beef	Up to 1600mg		50 - 500mg
Veal	1000 - 2500mg		140mg
Chicken thigh meat	1890mg		120 - 150mg
Egg whole, scrambled	1916mg		154mg
Turkey, meat and skin	2940mg		280mg
Chicken, dark meat & skin	3040mg		190 - 240mg
Duck, meat and skin	3360mg		60mg
Egg yolk	3538mg		282mg
Pork Belly	5020mg		480mg

Nuts and seeds per 100 g	Omega 6		Omega 3, short chain ALA
Coconut, dried, desiccated	706mg		0mg
macadamia	1296mg		206mg
Hazelnuts, filberts	5499mg		87mg
Chia seed	5785mg		17552mg
Flaxseed	5911mg		22813mg
cashews	7782mg		161mg
almonds	12053mg		6mg
pistachio	13636mg		254mg
brazil	20564mg		18mg
pecans	20630mg		986mg
Pumpkin, pepita	20703mg		166mg
sesame	25226mg		376mg
Pine-nuts	33606mg		112mg
sunflower	37389mg		79mg
walnuts	38092mg		9079mg

Fish and Seafood, per 100 grams, highest to lowest	Omega 3, maximum amount measured (could have less)		Omega 6
Fish caviar, black and red	6789mg		81mg
Mackerel, Atlantic raw	2670mg		219mg
Salmon, Atlantic, wild	2586mg		172mg
Salmon, Atlantic, farmed	2506mg		982mg
Herring, pacific, cooked	2418mg		192mg
Salmon, Chinook, cooked	2418mg		472mg
Tuna, blue fin	1664mg		68mg
Mackerel, pacific	1614mg		116mg
Sardine, Atlantic	1480mg		110mg
Salmon, sockeye, canned	1323mg		152mg
Trout, raw	1068mg		224mg
Bluefish, cooked	1067mg		60mg
Swordfish	825mg		30mg
Oysters, pacific, raw	740mg		32mg
Eel	653mg		196mg
Halibut	669mg		38mg
Shrimp, canned	601mg		28mg
Flatfish, founder, sole	563mg		8mg
Lobster, cooked	534mg		13mg
Mackerel, king, cooked	423mg		45mg
Clams (cockles)	396mg		32mg
Scallop	396mg		4mg
Crab, queen	382mg		8mg
Snapper	343mg		25mg
Octopus	326mg		9mg
Tuna, yellowfin	243mg		10mg
Cod, pacific, raw	221mg		8mg
Crayfish	184mg		76mg