



Vegan Daily Plate
Vegan Omega3 Sources and RDI

Vegan Omega-3 sources



Tahini
1TBSP= 0.06g



Sesame seeds
1 cup = 0.56g



Edamame
1/4 cup = 0.3g



Kale
1 cup = 0.15g



Chia seeds
28g = 5.06g



Tofu
1/2 cup = 0.7g

**Recommended
Daily Intake (RDI)
Omega-3 /day**



Winter squash
1 cup cooked = 0.4g

**Men: 1.6g
Women: 0.9g**



Leafy greens
1 cup cooked =0.3g



Flaxseed
1 TBSP=1.6g



Walnuts
28g =2.6g