



# OMEGA 6

## Did you know???

Omega-6's are essential polyunsaturated fats used to control gene expression, communication within the cell and between cells, and help promote your inflammatory response. Omega-3's and Omega-6's are metabolized in the same pathway.

## NUTRITIONAL FACTS

FOOD	QTY	OMEGA 6	DAILY %	CARBS	PROTEIN	CALS
Walnuts	30g	11.4g	67%	4.1g	4.6g	196
Safflower Oil	1 Tbsp	10.2g	60%	0	0	120
Brazil Nuts	30g	7.2g	42%	3.5g	4.3g	197
Almonds	30g	3.7g	22%	6.5g	6.3g	173
Hemp Seeds	1 Tbsp	2.9g	17%	0.9g	3.2g	55
Canola Oil	1Tbsp	1.2g	15%	0	0	120
Avocado	Half	2.4g	14%	11.9g	3.4g	182
Hazelnuts	30g	2.3g	14%	5g	4.5g	188
Cashew Nuts	30g	2.3g	14%	9.1g	5.5g	165

1. [www.Cronometer.com](http://www.Cronometer.com)