

Anti-Inflammatory Foods (Omega 6:3)

Omega-6 fats should be around 0.3–1% of daily calories or a ratio of 4 to 1 of omega-6s to omega-3s. The total amount of each is essential, not just the ratio. Most omega-6 fats are pro-inflammatory, while omega-3 fats are anti-inflammatory. A diet with a lot of omega-6 fats will increase inflammation. A diet high in omega-3s and low in omega-6s will reduce inflammation.

Anti-Inflammatory Foods, Omega 6:3 Ratio

- Organic green vegetables - 4:1 ratio
- Pasture-raised organic eggs - 7:1 ratio
- Pasture-raised organic meat - 3:1 ratio
- Pasture-raised organ meats
- Wild-caught fish
 - Salmon - 1:1 ratio
 - Sardines - 1:1 ratio
 - Mackerel - 1:1 ratio
 - Caviar - 1:1 ratio
 - Herring - 10:1 ratio
 - Arctic char - 1:1 ratio
 - Tuna - 1:25 ratio
 - Atlantic cod - 1:29 ratio
 - Snow crab - 1:61 ratio
 - Mussels - 1:25 ratio
- Hemp seeds - 3:1 ratio
- Black currant seeds - 3:1 ratio

- Flaxseeds (in some cases) - 1:4 ratio
- Chia seeds - 1:3 ratio
- Sprouted radish seeds - 0.6:1 ratio
- Walnuts - 4:1 ratio
- Macadamia nuts - 6:1 ratio
- Fresh Basil - 0.2:1 ratio
- Shepherd's purse
- Purslane
- Coconut - 1:1 ratio

Anti-Inflammatory Oils, Omega 6:3 Ratio

- Avocado oil - 13:1 ratio
- Extra virgin olive oil - 8:1 ratio
- Coconut oil
- Pumpkin seed oil
- Pasture-raised organic butter - 1:1 ratio
- Pasture-raised organic ghee - 1.5:1 ratio
- Pasture-raised organic beef tallow - 1.4:1 ratio