

Your mood's favorite nutrient



Omega-3s are essential fats that help regulate inflammation, support brain function, and play an important role in mental health. EPA and DHA, two types of Omega-3s found in fish and algae, are especially important for mood and cognition. Plant-based ALA, found in seeds, nuts, and certain oils, also contributes to overall omega-3 intake.

Low omega-3 levels have been linked to higher rates of depression and anxiety. While more research is underway, consistent intake appears to support long-term brain health and emotional balance.

Most people don't get enough. A few small changes can help shift your intake in the right direction.

Foods rich in omega-3s include:

- Fatty fish like salmon, sardines, mackerel, and trout
- Chia seeds, flaxseeds (eat them ground up for optimal nutrition), and hemp seeds
- Walnuts
- Canola, soybean, and flax oil
- Seaweed and algae-based oils
- Soy foods like tofu tempeh, and edamame
- Seaweed snacks like nori or dulse
- Leafy green veggies
- Foods fortified with DHA, like certain eggs, plant/cow milks, and snack foods (check the label)



Omega-3 Rich Meal Plan

The meal plan below includes a mix of ALA, EPA, and DHA sources—along with fiber, plant protein, healthy fats, and a variety of vitamins and minerals. It's a practical way to boost omega-3s while supporting long-term health (no supplements required).

Breakfast: Walnut-Chia Overnight Oats

- In a jar or bowl, combine ½ cup rolled oats, 1 tbsp chia seeds, 1 tbsp chopped walnuts, and 1 cup unsweetened plant milk. Stir well and refrigerate overnight.
- In the morning, top with fresh berries or banana slices.

Snack #1: Hemp Hummus with Carrot Sticks

- Stir 1–2 teaspoons of hemp or ground flax seeds into your favorite hummus. Serve with raw carrots or sliced bell pepper for crunch.

Lunch: Big Salad with Liquid Gold Dressing

- Base: Mixed leafy greens (especially spinach or arugula)
- Toppings: Cucumber, tomato, avocado, and either white beans or grilled chicken breast
- Dressing: 1 tbsp flax oil, 1 tsp Dijon mustard, 1 tbsp apple cider vinegar, 1 tbsp olive oil, salt, and pepper. Whisk with a little water to thin.

Snack #2: Orange and Pepita Snack Bowl

- Peel and slice one orange, then sprinkle with 2 tablespoons of toasted pumpkin seeds and dot with 1 tbsp goat cheese. Add a pinch of cinnamon or chili powder for extra flavor.

Dinner: Sesame-Ginger Tofu or Salmon with Roasted Veggies and Brown Rice

- Prepare the marinade: Whisk together 1 tablespoon tamari or low-sodium soy sauce, 1 teaspoon toasted sesame oil, 1 teaspoon grated fresh ginger, 1 small garlic clove, minced, and 2 teaspoons rice vinegar.
- Marinate 1 lb tofu or salmon, cut into 4 slices, in the mixture for 10 minutes each side, then bake at 400°F or pan-sear until cooked through.
- Serve with steamed broccoli or brussels, roasted carrots, and a scoop of brown rice.
- Top with scallions, sesame seeds, or a drizzle of the marinade for extra flavor.

