

ALPHA-LINOLENIC ACID (ALA) RICH FOODS

★★★★☆ 3.25/5 (4)

Alpha-Linolenic Acid (ALA) is an **essential** omega-3 fatty acid that must be acquired through the diet. ALA is found in seeds (chia, flaxseed, hemp), nuts (notably walnuts), and many common vegetable oils.

The word linolenic is an irregular derivation from linoleic, which is derived from the Greek word linon (flax). Oleic means “of or relating to oleic acid” because saturating linoleic acid’s omega-6 double bond produces oleic acid.

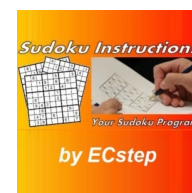
More on alpha-linolenic acid here.

Below is a detailed list of foods having the **highest content of alpha-linolenic acid in grams (g) per 100 grams of the food**. The list also includes the **number of kilocalories (kcal)** and the **alpha-linolenic acid content in grams (g) per kcal**, and the list is sorted with respect to the latter with the highest values at the top.

As you can see there are many foods having a high alpha-linolenic acid content per kcal. So if you are lacking in alpha-linolenic acid, you could easily correct the deficiency by eating some of these foods.

The list is made using **ECstep’s Personal Nutrition Data Program** and includes more than 100 of the alpha-linolenic acid richest foods. Commercial brand products are not included in this list.

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ECstep Personal Nutrition Data Program

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6. Enter Food Item: <

Content of alpha linolenic acid (ALA) (18:3 n-3 c,c,c) in g in 100 grams of foods

List by ECstep.com

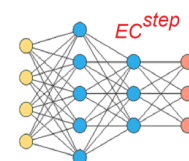
Food item	Amount	kcal	Amt / kcal
Oil, flaxseed, cold pressed	53.368	884	0.0604
Oil, flaxseed, contains added sliced flaxseed	48.930	878	0.0557
Seeds, chia seeds, dried	17.830	486	0.0367
Oil, canola	9.137	884	0.0103
Oil, industrial, soy, refined, for woks and light frying	6.912	884	0.0078
Oil, soybean, salad or cooking	6.789	884	0.0077
USDA Commodity Food, oil, vegetable, soybean, refined	6.537	884	0.0074
Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	6.397	884	0.0072
Oil, industrial, canola for salads, woks and light frying	6.340	884	0.0072
Mustard, prepared, yellow	0.458	67	0.0068
USDA Commodity Food, oil, vegetable, low saturated fat	5.960	884	0.0067
Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	4.677	713	0.0066
Margarine, regular, 80% fat, composite, tub, with salt	4.677	713	0.0066
Oil, corn and canola	5.798	884	0.0066
Salad dressing, mayonnaise, soybean oil, with salt	4.702	718	0.0065
Spices, parsley, dried	1.860	292	0.0064
Salad dressing, ranch dressing, commercial, regular	3.063	484	0.0063
Salad dressing, mayonnaise, light	1.918	324	0.0059
Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	1.754	339	0.0052
Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	1.754	339	0.0052
Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	2.645	526	0.0050
Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	2.669	533	0.0050
Margarine-like, vegetable oil spread, 60% fat, tub, with salt	2.669	533	0.0050
Margarine Spread, approximately 48% fat, tub	2.121	424	0.0050
Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	2.925	606	0.0048
Peanut butter with omega-3, creamy	2.928	608	0.0048
Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	3.837	884	0.0043
Potato salad with egg	0.630	157	0.0040
Noodles, flat, crunchy, Chinese restaurant	2.014	521	0.0039
Margarine-like, margarine-butter blend, soybean oil and butter	2.638	714	0.0037
Cheese food, pasteurized process, American, imitation, without added vitamin D	0.945	257	0.0037
Squash, summer, zucchini, includes skin, raw	0.061	17	0.0036
Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	2.414	714	0.0034

Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	2.073	628	0.0033
Restaurant, Chinese, shrimp and vegetables	0.255	78	0.0033
Margarine-like, vegetable oil spread, 60% fat, stick, with salt	1.748	537	0.0033
Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	1.748	537	0.0033
Nuts, walnuts, black, dried	2.006	618	0.0032
Restaurant, family style, shrimp, breaded and fried	0.929	294	0.0032
Muffins, blueberry, commercially prepared (Includes mini-muffins)	1.234	393	0.0031
Restaurant, Chinese, sweet and sour chicken	0.771	250	0.0031
Oil, industrial, soy, low linolenic	2.678	900	0.0030
Bread, pound cake type, pan de torta salvadoran	1.158	390	0.0030
Frijoles rojos volteados (Refried beans, red, canned)	0.426	144	0.0030
Edamame, frozen, prepared	0.358	122	0.0029
Restaurant, Chinese, sweet and sour pork	0.785	270	0.0029
Restaurant, Chinese, general tso's chicken	0.840	295	0.0028
Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	2.485	884	0.0028
Restaurant, family style, French fries	0.819	292	0.0028
Restaurant, Chinese, lemon chicken	0.629	226	0.0028
Margarine, regular, 80% fat, composite, stick, with salt	1.957	717	0.0027
Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	1.957	717	0.0027
Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	1.957	717	0.0027
Salad dressing, ranch dressing, reduced fat	0.527	196	0.0027
Salad dressing, buttermilk, lite	0.527	202	0.0026
Restaurant, Chinese, egg rolls, assorted	0.636	250	0.0025
Restaurant, family style, chicken fingers, from kid's menu	0.682	270	0.0025
Restaurant, Chinese, beef and vegetables	0.264	105	0.0025
Crackers, wheat, regular	1.127	456	0.0025
Oil, industrial, canola, high oleic	2.200	900	0.0024
Spices, oregano, dried	0.621	265	0.0023
Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	2.070	884	0.0023
Squash, summer, crookneck and straightneck, raw	0.043	19	0.0023
Spices, cloves, ground	0.613	274	0.0022
Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	1.942	884	0.0022
Chicken, nuggets, white meat, precooked, frozen, not reheated	0.548	257	0.0021
Shortening, vegetable, household, composite	1.883	884	0.0021
Refried beans, canned, vegetarian	0.176	83	0.0021
Cherimoya, raw	0.159	75	0.0021

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