Human bodies can’t make EFAs. We need to eat foods or supplements that contain them. Natural sources of omega-3 EFAs include flaxseed, canola oil, chia seeds, walnuts, shellfish and oily fish (e.g. tuna, salmon and sardines). Natural sources of omega-6 EFAs include soybean oil, safflower oil, corn oil, meat, poultry and eggs.

Ideally, consume omega-6 and omega-3 EFAs at a ratio of 4:1. Many people don’t consume enough omega-3 EFAs in their diet - particularly those of us living in industrialized countries. People also eat too many foods that are overly high in omega-6 EFAs.