

Global Recommendations for EPA and DHA Intake (Rev 19 November 2014)

Country/Region	Organization	Org. Type	Target Population	Recommendation	Publication Date
Global	World Health Organization (WHO) ¹	Authoritative Body	General adult population	<ul style="list-style-type: none"> n-3 PUFAs: 1-2% of energy/day 	2003
	Food and Agriculture Organization of the United Nations (FAO) ²	Authoritative Body	0-6 months	<ul style="list-style-type: none"> DHA: 0.1-0.18%E 	2008
			6-24 months	<ul style="list-style-type: none"> DHA: 10-12 mg/kg bw 	
			2-4 years	<ul style="list-style-type: none"> EPA + DHA: 100-150 mg 	
			4-6 years	<ul style="list-style-type: none"> EPA + DHA: 150-200 mg 	
			6-10 years	<ul style="list-style-type: none"> EPA + DHA: 200-250 mg 	
			Pregnant/Lactating Women	<ul style="list-style-type: none"> EPA + DHA: 0.3 g/d of which at least should be 0.2 g/d 	
	International Society for the Study of Fatty Acids and Lipids (ISSFAL)	Expert Scientific Organization	General adult population for cardiovascular health ³	<ul style="list-style-type: none"> at least 500 mg/day of EPA+DHA 	2004
			Pregnant/Lactating Women ⁴	<ul style="list-style-type: none"> DHA: 200 mg/day 	2007
	NATO Workshop on ω -3 and ω -6 Fatty Acids ⁵	Workshop	General Adult Population	<ul style="list-style-type: none"> 300-400 mg EPA+DHA/day 	1989
World Association of Perinatal Medicine ⁶	Working Group	Pregnant and Lactating Women	<ul style="list-style-type: none"> 200 mg DHA/ day 	2008	
		Infants, when breastfeeding is not possible	<ul style="list-style-type: none"> 0.2-0.5% wt total fat 		
World Gastroenterology Organisation ⁷	Expert Scientific Organization	General Adult Population	<ul style="list-style-type: none"> 3-5 servings/wk of fish 	2008	
Australia	National Heart Foundation of Australia ⁸	Expert Scientific Organization	General adult population to lower risk of CHD	<ul style="list-style-type: none"> 500 mg EPA + DHA per day, obtained through fish, fish oil capsules, or enriched foods & drinks 	2008
			Patients with documented CHD	<ul style="list-style-type: none"> 1000 mg EPA + DHA per day, obtained through 	

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				fish, fish oil capsules, or enriched foods & drinks	
			Patients with hypertriglyceridemia	<ul style="list-style-type: none"> ▪ 1200mg of EPA + DHA per day, obtained through fish, fish oil capsules or enriched foods & drinks as first-line therapy ▪ Increase to 4000 mg of EPA +DHA per day, as needed. 	
	Australian & New Zealand Health Authorities (Department of Health & Ageing, National Health & Medical Research Council) ⁹	Authoritative Bodies	Infants (0-12 mo)	<ul style="list-style-type: none"> ▪ 0.5 g n-3 polyunsaturated fats/day adequate intake 	2006
Boys & Girls (1-3 yrs)			<ul style="list-style-type: none"> ▪ 40 mg total LC n-3 (DHA+EPA+DPA) / day adequate intake 		
Boys & Girls (4-8 yrs)			<ul style="list-style-type: none"> ▪ 55 mg total LC n-3 (DHA+EPA+DPA) / day adequate intake 		
Boys & Girls (9-13 yrs)			<ul style="list-style-type: none"> ▪ 70 mg total LC n-3 (DHA+EPA+DPA) / day adequate intake 		
Boys (14-18 yrs)			<ul style="list-style-type: none"> ▪ 125 mg total LC n-3 (DHA+EPA+DPA) / day adequate intake 		
Girls (14-18 yrs)			<ul style="list-style-type: none"> ▪ 85 mg total LC n-3 (DHA+EPA+DPA) / day adequate intake 		
Men (19+ yrs)			<ul style="list-style-type: none"> ▪ 160 mg total LC n-3 (DHA+EPA+DPA) per day adequate intake 		
Women (19+ yrs)			<ul style="list-style-type: none"> ▪ 90 mg total LC n-3 (DHA+EPA+DPA) / day adequate intake 		

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			Pregnancy (14 -18 yrs)	▪ 110 mg total LC n-3 (DHA+EPA+DPA) / day	
			Pregnancy (19-50 yrs)	▪ 115 mg total LC n-3 (DHA+EPA+DPA) / day	
			Lactating (14-18 yrs)	▪ 140 mg LC n-3 (DHA+EPA+DPA) / day	
			Lactating (19-50 yrs)	▪ 145 mg LC n-3 (DHA+EPA+DPA) / day	
			Men-Suggested dietary target to reduce chronic disease risk	▪ 610mg LC n-3 (DHA+EPA+DPA) / day	
			Women-Suggested dietary target to reduce chronic disease risk	▪ 430mg LC n-3 (DHA+EPA+DPA) / day	
	Defence Science and Technology Organisation, Australian Government Department of Defence ¹⁰	Authoritative Body	Male soldiers	▪ 610mg EPA+DPA+DHA/ day	2009
			Female soldiers	▪ 430mg EPA+DPA+DHA / day	
Europe	Expert Workshop of the European Academy of Nutritional Sciences ¹¹	Expert Scientific Organization	General Adult Population	▪ People who do not eat fish should consider obtaining 200 mg EPA + DHA from other sources	1998
	European Food Safety Authority ¹²	Authoritative Body	General Adult Population	▪ 250mg EPA+DHA /day	2010
			Pregnant & Lactating Women	▪ 100-200 mg DHA / day in addition to general adult requirements	
			Children 7-24 months	▪ 100 mg DHA / day	
			Children 2-18 years	▪ 250mg EPA+DHA /day	
The PeriLip and EARNEST projects of the European Commission ⁴	Expert Scientific Organization	Pregnant & Lactating Women	▪ 200mg DHA/day	2007	
Fifth Joint Task Force of the	Expert	General Adult	▪ Fish at least twice a	2012	

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	European Society of Cardiology and Other Societies on Cardiovascular Disease Prevention in Clinical Practice (constituted by representatives of nine societies and by invited experts) ¹³	Scientific Organization	Population for Cardiovascular Disease Risk Reduction	week, one of which to be oily fish.	
	Task Force on the Management of ST-Segment Elevation Acute Myocardial Infarction of the European Society of Cardiology ¹⁴	Expert Scientific Organization		<ul style="list-style-type: none"> • Increase consumption of omega-3 fatty acid (oily fish) • Supplementation with 1 g of fish oil in patients with a low intake of oily fish <ul style="list-style-type: none"> ▪ omega-3 supplements should be considered in patients who do not tolerate statins, especially if TG >150 mg/dL (1.7 mmol/L) 	2008
	Task Force for the management of dyslipidaemias of the European Society of Cardiology (ESC) and the European Atherosclerosis Society (EAS) ¹⁵	Expert Scientific Organization	General Adult Population for Cardiovascular Disease Risk Reduction	<ul style="list-style-type: none"> ▪ At least two or three portions of fish per week 	2011
			Secondary prevention of CVD	<ul style="list-style-type: none"> ▪ 1 g/day n-3 unsaturated fats, which is not easy to derive exclusively from natural food sources, and use of nutraceutical and/or pharmacological supplements may be considered 	
	The Task Force for the Diagnosis and Treatment of Acute and	Expert Scientific	patients with symptomatic (NYHA	An n-3 PUFAf preparation may be considered to reduce	2012

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	Chronic Heart Failure 2012 of the European Society of Cardiology. Developed in collaboration with the Heart Failure Association (HFA) of the ESC ⁶⁴	Organization	class II–IV) systolic heart failure	the risk of death and the risk of cardiovascular hospitalization in patients treated with an ACE inhibitor (or ARB), beta-blocker, and an MRA (or ARB)	
France	AFFSA ¹⁶	Authoritative Body	General Adult Population	<ul style="list-style-type: none"> ▪ 500 mg EPA + DHA / day ▪ 250 mg EPA / day ▪ 250 mg DHA / day 	2010
			Metabolic Syndrome-Diabetes-Obesity Risk Reduction	<ul style="list-style-type: none"> ▪ 500 mg EPA + DHA / day 	
			Cardiovascular Risk Reduction	<ul style="list-style-type: none"> ▪ 500-750 mg EPA + DHA / day 	
			Breast & Colon Cancer Risk Reduction	<ul style="list-style-type: none"> ▪ 500 mg EPA + DHA / day 	
			Neuropsychiatric Risk Reduction	<ul style="list-style-type: none"> ▪ >200-300 mg EPA + DHA / day 	
			Age-Related Macular Degeneration Risk Reduction	<ul style="list-style-type: none"> ▪ 500 mg EPA + DHA / day 	
			Infants (0-6 months)	<ul style="list-style-type: none"> ▪ 0.32% of fats from DHA ▪ EPA < DHA 	
			Infants & Toddlers (6 months to 3 years)	<ul style="list-style-type: none"> ▪ 70mg DHA /day 	
			Children (3-9 years)	<ul style="list-style-type: none"> ▪ 125mg DHA /day ▪ 250mg EPA+DHA /day 	
			Adolescents (9 to 18 years)	<ul style="list-style-type: none"> ▪ 250mg DHA /day ▪ 250mg EPA+DHA /day 	
			Pregnant & Lactating Women	<ul style="list-style-type: none"> ▪ 250mg DHA /day ▪ 250mg EPA+DHA day 	
Austria	Austrian Society for Nutrition ¹⁷	Expert Scientific	General adult population	<ul style="list-style-type: none"> ▪ 250mg LCPUFA / day for primary prevention of 	2008

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		Organization		CVD	
			General adult population	<ul style="list-style-type: none"> ▪ 0.5% of energy total n-3 PUFA intake 	
			CHD Patients	<ul style="list-style-type: none"> ▪ 1g LCPUFA / day for secondary prevention of CVD 	
			Pregnant & nursing women	<ul style="list-style-type: none"> ▪ At least 200mg DHA / day 	
Germany	German Society for Nutrition ¹⁷	Expert Scientific Organization	General adult population	<ul style="list-style-type: none"> ▪ 250mg LCPUFA / day for primary prevention of CVD 	2008
			General adult population	<ul style="list-style-type: none"> ▪ 0.5% of energy total n-3 PUFA intake 	
			CHD Patients	<ul style="list-style-type: none"> ▪ 1g LCPUFA / day for secondary prevention of CVD 	
			Pregnant & nursing women	<ul style="list-style-type: none"> ▪ At least 200mg DHA / day 	
	Healthy Start - Young Family Network ^{25, 45, 57}	Expert Scientific Organization	Pregnant women	<ul style="list-style-type: none"> • to supply the recommended 200mg/day of DHA, consume 2 servings/wk of marine fish, including at least one serving of fatty sea fish (such as mackerel, Herring, sardines, salmon) ▪ pregnant women who do not regularly consume fish, the use of supplements with the Omega-3 fatty acid DHA is recommended 	2012-2013

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Switzerland	Swiss Society for Nutrition Research / Swiss Nutrition Association ¹⁷	Expert Scientific Organization	General adult population	<ul style="list-style-type: none"> 250mg LCPUFA / day for primary prevention of CVD 	2008
			General adult population	<ul style="list-style-type: none"> 0.5% of energy total n-3 PUFA intake 	
			CHD Patients	<ul style="list-style-type: none"> 1g LCPUFA / day for secondary prevention of CVD 	
			Pregnant & nursing women	<ul style="list-style-type: none"> At least 200mg DHA / day 	
Poland	Polish Gynecological Society ⁶⁰	Scientific Organization	Pregnant Women	<ul style="list-style-type: none"> pregnant women at low risk of preterm birth should take at least 600 mg/day DHA pregnant women at high risk of preterm birth should take at least 1000 mg/day DHA 	2014
Belgium	Superior Health Council of Belgium ¹⁸	Authoritative Body	Pregnant & nursing women	<ul style="list-style-type: none"> 250mg DHA / day 	2004
			General adult population (primary cardioprevention)	<ul style="list-style-type: none"> Two servings of fatty fish/wk 	
			secondary cardioprevention	<ul style="list-style-type: none"> 1g EPA+DHA per day 	
Netherlands	Health Council of the Netherlands	Authoritative Body	0-5 months ¹⁹	<ul style="list-style-type: none"> DHA: 20 mg/kg/day 	2001
			6-11 months ¹⁹	<ul style="list-style-type: none"> N-3 fatty acids from fish: 15-20 mg/kg/day 	
			1-18 years old ¹⁹	<ul style="list-style-type: none"> N-3 fatty acids from fish: 15-20 mg/kg/day 	
			19 years + ¹⁹	<ul style="list-style-type: none"> N-3 fatty acids from fish: 20 mg/kg/day 	

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			Pregnant women ¹⁹	<ul style="list-style-type: none"> ▪ N-3 fatty acids from fish: 20 mg/kg/day 	2006								
			Lactating women ¹⁹	<ul style="list-style-type: none"> ▪ N-3 fatty acids from fish: 20 mg/kg/day 									
			Adults ²⁰	<ul style="list-style-type: none"> • n-3 fatty acids from fish: 450 mg/day 									
Scandinavia	Nordic Council of Ministers ²¹	Authoritative Body	6-11 months	<ul style="list-style-type: none"> ▪ n-3 fatty acids should contribute at least 1 E% 	2013								
			12-23 months	<ul style="list-style-type: none"> ▪ n-3 fatty acids should contribute at least 0.5 E% 									
			Adults and children from 2 yrs of age	<ul style="list-style-type: none"> ▪ n-3 fatty acids should contribute at least 1.0 E% 									
			Pregnant & Lactating Women	<ul style="list-style-type: none"> ▪ 1 E% from n-3 fatty acids of which 200 mg/d should be DHA 									
United Kingdom	British Nutrition Foundation ²²	Expert Scientific Organization	Adults, 19-50 yrs	<ul style="list-style-type: none"> ▪ one to two portions of oil-rich fish per week, which will provide around 2-3g of the very long chain <i>n-3</i> fatty acids ▪ weekly intake of 1.5g of EPA + DHA 	1999								
				Committee on Medical Aspects of Food Policy (COMA) ²³		Authoritative Body	Adults	<ul style="list-style-type: none"> ▪ at least two portions of fish, of which one should be oily, weekly ▪ n-3 PUFA intake: 0.2 g/day 	1994				
								Scientific Advisory Committee on Nutrition (SACN) ²⁴		Authoritative Body	Adults	<ul style="list-style-type: none"> ▪ at least two portions of fish, of which one should be oily, weekly ▪ n-3 PUFA intake: 0.45 g/day 	2004
												National Institute for Health and	

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	Clinical Excellence (May 2008) ²⁶	Body	with CVD	portions of fish per week, including a portion of oily fish	
	Joint British Societies ²⁷	Expert Scientific Organization	General Adult Population	<ul style="list-style-type: none"> Regular intake of fish and other sources of omega 3 fatty acids (at least two servings of fish per week) 	2005
	Irish Heart Foundation ⁵⁴	Expert Scientific Organization	General Adult Population	<ul style="list-style-type: none"> 200 mg/day long-chain fatty acids 	
	British Dietetic Association ⁶⁶	Expert Scientific Organization	General Population	<ul style="list-style-type: none"> Two Portions per week of fish, one of which should be oily; equals ~450mg EPA+DHA 	2014
	National Collaborating Center for Primary Care ²⁸	Expert Scientific Organization	General Adult Population	<ul style="list-style-type: none"> At least two servings of omega-3 fatty acid containing fish per week 	2007
			People with Established CVD	<ul style="list-style-type: none"> At least two servings of omega-3 fatty acid containing fish per week 	
Italy	Italian Ministry of Health ⁵²	Authoritative Body	Pregnant and Nursing Women	<ul style="list-style-type: none"> Vegan women should consume foods rich in DHA 	2007
Spain	Spanish Society of Intensive Care Medicine and Coronary Units and Spanish Society of Parenteral and Enteral Nutrition ²⁹	Expert Scientific Organization	Individuals with acute coronary syndrome and patients with chronic heart failure	<ul style="list-style-type: none"> Administration of 1 g/day of omega-3 (EPA+DHA) in the form of fish oil can prevent sudden death in the treatment of acute coronary syndrome and can also help to reduce hospital admission for cardiovascular events in 	2011

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				patients with chronic heart failure	
	Spanish Society of Intensive Care Medicine and Coronary Units and Spanish Society of Parenteral and Enteral Nutrition ³⁰	Expert Scientific Organization	patients with acute lung injury (ALI) or acute respiratory distress syndrome (ARDS)	<ul style="list-style-type: none"> An enteral diet enriched with ω-3 diet fatty acids may have a beneficial effects 	2011
Russia	Customs Union Commission ⁶¹	Authoritative Body	Adults	<ul style="list-style-type: none"> EPA 600 mg DHA 700 mg 	2010
Brazil	Brazilian Society of Cardiology ³¹	Expert Scientific Organization	Patients with coronary artery disease	<ul style="list-style-type: none"> supplementation of 1 g / day of omega-3 (EPA + DHA) capsules 	2007
	Brazilian Nutrology Association (ABRAN) ⁶⁵	Expert Scientific Organization	Women who are pregnant or lactating	<ul style="list-style-type: none"> 200 mg/day DHA 	2014
Infants < 6 months			0.2 to 0.5% of total lipids as DHA	2014	
United States	Institute of Medicine ³²	Authoritative Body	Boys & Girls 1-3 yrs	<ul style="list-style-type: none"> ALA: 0.7 g/day of which ~ 10% EPA+DHA 	2005
			Boys & Girls 4-8 yrs	<ul style="list-style-type: none"> ALA: 0.9 g/day of which ~ 10% EPA+DHA 	
			Boys 9-13 yrs	<ul style="list-style-type: none"> ALA: 1.2 g/day of which ~ 10% EPA+DHA 	
			Boys 14-18 yrs	<ul style="list-style-type: none"> ALA: 1.6 g/day of which ~ 10% EPA+DHA 	
			Girls 9-13 yrs	<ul style="list-style-type: none"> ALA: 1.0 g/day of which ~ 10% EPA+DHA 	
			Girls 14-18 yrs	<ul style="list-style-type: none"> ALA: 1.1 g/day of which ~ 10% EPA+DHA 	
			Adult men \geq 19 yrs	<ul style="list-style-type: none"> ALA: 1.6 g/day of which ~ 10% EPA+DHA 	
			Adult women \geq 19 yrs	<ul style="list-style-type: none"> ALA: 1.1 g/day of which ~ 10% EPA+DHA 	
	American Diabetes Association ⁵⁵	Expert	Individuals with diabetes	Eat fish (particularly fatty	2013

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		Scientific Organization		fish) at least two times (two servings) per week.	
	Academy of Nutrition and Dietetics (formerly American Dietetics Association)	Expert Scientific Organization	General Adult Population ⁵⁶	<ul style="list-style-type: none"> 500 mg EPA+DHA per day 	2014
			Varied ⁵³	Those with increased requirements (e.g., pregnant and lactating women or those with diseases associated with poor essential fatty acid status) or those at risk for poor conversion (e.g., people with diabetes) may benefit from direct sources of long-chain n-3 fatty acids, such as DHA-rich microalgae	2003
	March of Dimes ³⁴	Expert Scientific Organization	Pregnant and Nursing Women	<ul style="list-style-type: none"> 200 mg DHA/day 	2009
	National Heart, Lung, and Blood Institute, National Cholesterol Education Program ³⁵	Authoritative Body	Persons with CHD or multiple risk factors for CHD	<ul style="list-style-type: none"> Supported AHA recommendation to include fish as part of a CHD risk reduction diet. Higher dietary intakes of n-3 PUFAs are an option for reducing CHD risk 	2001
	Omega-3 Fatty Acids Subcommittee, assembled by the Committee on Research on Psychiatric Treatments of the American Psychiatric Association (APA) ³⁶	Expert Scientific Organization	Adults	<ul style="list-style-type: none"> Eat fish \geq 2X/wk 	2006
			Patients with mood, impulse control, or psychotic disorders	<ul style="list-style-type: none"> 1 g EPA + DHA / day 	
	American Heart Association	Expert Scientific Organization	All adults without CHD ³⁷	<ul style="list-style-type: none"> Eat fish (particularly fatty fish) at least two times a week; include oils and 	2002

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				foods rich in ALA	
			General adult population ⁵⁸	<ul style="list-style-type: none"> ▪ Fish with 500 mg or more of EPA+DHA per 85 g (3 oz cooked) can apply for the AHA Heart-Check food certification program at heartcheckmark.org. 	unknown
			Patients with CHD ³⁷	<ul style="list-style-type: none"> ▪ Consume approximately 1 g/day of EPA+DHA preferably from oily fish. EPA+DHA supplements could be considered in consultation with the physician 	2002
			Patients with high triglycerides ³⁷	<ul style="list-style-type: none"> ▪ 2-4 g/day EPA+DHA as capsules under a physician's care 	2002
			Patients with high triglycerides ⁵¹	<ul style="list-style-type: none"> • ...increasing consumption of marine-based omega-3 products,..., will further optimize triglyceride-lowering efforts. 	2011
			Cardiovascular Disease Risk Reduction in Women ³⁸	<ul style="list-style-type: none"> ▪ Consume fish, especially oily fish, at least twice a week ▪ Consumption of omega-3 fatty acids in the form of fish or in capsule form may be considered in women with hypercholesterolemia 	2011

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				and/or hypertriglyceridemia for primary and secondary prevention	
			Patients with Coronary and Other Atherosclerotic Vascular Disease ³⁹	<ul style="list-style-type: none"> For all patients, it may be reasonable to recommend omega-3 fatty acids from fish or fish oil capsules (1 g/d) for CVD risk reduction 	2011
	U.S. Dept of Agriculture and U.S. Department of Health and Human Services ⁴⁰	Authoritative Body	General adult population	<ul style="list-style-type: none"> Increase the amount and variety of seafood consumed by choosing seafood in place of some meat and poultry 	2010
			Pregnant or breastfeeding women	<ul style="list-style-type: none"> consume at least 8 and up to 12 ounces of a variety of seafood per week 	
	Executive Office of the President ⁵⁰	Authoritative Body	General population	<ul style="list-style-type: none"> Dietary Guidelines and Food Guide Pyramid should be revised to 	2003

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				emphasize the benefits of...increasing consumption of foods rich in omega-3 fatty acids	
	Agency for Healthcare Research and Quality ⁴⁹	Authoritative Body	General population	<ul style="list-style-type: none"> Fish and fish oil supplements reduce the risk of cardiovascular disease 	2004
	American Academy of Pediatrics ⁴¹	Expert Scientific Organization	Nursing Women	<ul style="list-style-type: none"> The mother's diet should include an average daily intake of 200 to 300 mg of the ω-3 long-chain PUFAs (DHA) to guarantee a sufficient concentration of preformed DHA in the milk. Consumption of 1 to 2 portions of fish (e.g., herring, canned light tuna, salmon) per week will meet this need. The concern regarding the possible risk from intake of excessive mercury or other contaminants is offset by the neurobehavioral benefits of an adequate DHA intake and can be minimized by avoiding the intake of predatory 	2012

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				fish (e.g., pike, marlin, mackerel, tile fish, swordfish). Poorly nourished mothers or those on selective vegan diets may require a supplement of DHA as well as multivitamins	
Canada	Minister of National Health and Welfare, Canada ⁴²	Authoritative Body	General adult population	<ul style="list-style-type: none"> 1.2-1.6 g/day total n-3 PUFAs (ALA, EPA, DHA) 	1990
	Dietitians of Canada ³³	Expert Scientific Organization	General adult population	<ul style="list-style-type: none"> 500 mg n-3 long-chain PUFAs/day 	2007
India	Cardiology Society of India ⁵⁹	Expert Scientific Organization	For patients with high triglycerides and patients after MI for secondary prevention	<ul style="list-style-type: none"> Omega-3 acid ethyl esters (2-4g/day) 	2012
China	Chinese Nutrition Society ⁶²	Expert Scientific Organization	0 up to 4 years	<ul style="list-style-type: none"> 100 mg/day DHA 	2014
			18+ years	<ul style="list-style-type: none"> 250 – 2000 mg /day EPA+DHA 	
			Pregnant & lactating women	<ul style="list-style-type: none"> 250 mg/day EPA+DHA of which 200 mg should be DHA 	
Japan	Ministry of Health, Labour and Welfare ⁴³	Authoritative Body	0-5 months – boys and girls	<ul style="list-style-type: none"> 0.9g total omega-3 per day 	2014
			6-11 months- boys and girls	<ul style="list-style-type: none"> 0.8g total omega-3 per day 	
			1-2 years – Boys	<ul style="list-style-type: none"> 0.7g total omega-3 per day 	
			1-2 years – Girls	<ul style="list-style-type: none"> 0.8g total omega-3 per day 	

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			3-5 years – Boys	<ul style="list-style-type: none"> 1.3g total omega-3 per day 	
			3-5 years – Girls	<ul style="list-style-type: none"> 1.1g total omega-3 per day 	
			6-7 years – Boys	<ul style="list-style-type: none"> 1.4 total omega-3 per day 	
			6-7 years –Girls	<ul style="list-style-type: none"> 1.3g total omega-3 per day 	
			8-9 years – Boys	<ul style="list-style-type: none"> 1.7g total omega-3 per day 	
			8-9 years – Girls	<ul style="list-style-type: none"> 1.4g total omega-3 per day 	
			10-11 years – Boys	<ul style="list-style-type: none"> 1.7g total omega-3 per day 	
			10-11 years – Girls	<ul style="list-style-type: none"> 1.5g total omega-3 per day 	
			12-14 years – Boys	<ul style="list-style-type: none"> 2.1g total omega-3 per day 	
			12-14 years – Girls	<ul style="list-style-type: none"> 1.8g total omega-3 per day 	
			15-17 years – Boys	<ul style="list-style-type: none"> 2.3g total omega-3 per day 	
			15-17 years – Girls	<ul style="list-style-type: none"> 1.7g total omega-3 per day 	
			Adults (18-29 years) – Men	<ul style="list-style-type: none"> 2.0g total omega-3 per day 	
			18-29 years – Women	<ul style="list-style-type: none"> 1.6g total omega-3 per day 	
			30-49 years – Men	<ul style="list-style-type: none"> 2.1g total omega-3 per day 	
			30-49 years – Women	<ul style="list-style-type: none"> 1.6g total omega-3 per day 	
			50-69 years – Men	<ul style="list-style-type: none"> 2.4g total omega-3 per 	

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				day	
			50-69 years – Women	<ul style="list-style-type: none"> • 2.0g total omega-3 per day 	
			Over 70 years – Men	<ul style="list-style-type: none"> • 2.2g total omega-3 per day 	
			Over 70 years – Women	<ul style="list-style-type: none"> • 1.9g total omega-3 per day 	
			Pregnant Women	<ul style="list-style-type: none"> • 1.8g total omega-3 per day 	
			Nursing Women	<ul style="list-style-type: none"> • 1.8g total omega-3 per day 	
			Acute ST Segment Elevation Myocardial Infarction ⁴⁶	<ul style="list-style-type: none"> • Increased intake of omega 3 – fatty acids (1g daily) is beneficial. • Eat fish at least twice a week. 	
Malaysia	Ministry of Health	Authoritative Body	Women with CHD ⁴⁷	<ul style="list-style-type: none"> • omega-3-fatty-acids (>1gm/day) have been found to be beneficial 	2007
			Management of Dyslipidemia ⁴⁸	<ul style="list-style-type: none"> • A dose of 3-9 gm/day to lower TG levels • A dose of 0.75-1 gm/day as secondary prevention to prevent sudden death 	2008
			For people with high risk or secondary prevention	<ul style="list-style-type: none"> • 1000 mg EPA + DHA/day as supplement for people who don't eat fish 	2011
Singapore	Health Promotion Board ⁶³	Authoritative Body	General population	<ul style="list-style-type: none"> • 2 servings/week fish 	2014

Country/Region	Organization	Org. Type	Target Population	Recommendation	Publication Date
Israel	Israel Heart Society ⁴⁴	Expert Scientific Organization	For the general public or primary prevention	<ul style="list-style-type: none"> 500-1000 mg EPA + DHA/day as fish 	2011

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