

Why Grass-Fed Is Better

Products from grass-fed animals have superior omega-6 to omega-3 ratios than their factory-farmed counterparts. The lower the omega-6 to omega-3 ratio, the better.

(Values are per 100 grams, about 3½ ounces, unless noted.)

Product	Omega-6	Omega-3	Ratio
Industrial chicken thigh, bone-in, skin-on	3,090 mg	205 mg	15 to 1
Pastured chicken thigh, bone-in, skin-on	1,170 mg	230 mg	5 to 1
Industrial beef, ribeye	240 mg	10 mg	24 to 1
Grass-fed beef, ribeye	175 mg	88 mg	2 to 1
Industrial pork	1,250 mg	100 mg	12.5 to 1
Pastured pork	2,625 mg	505 mg	5 to 1
Industrial eggs	1,150 mg	75 mg	15.5 to 1
Pastured eggs	4,600 mg	660 mg	7 to 1
Eggs enriched for omega-3s	1,320 mg	1,320 mg	1 to 1
Farm-raised trout	710 mg	965 mg	0.7 to 1
Farm-raised salmon	980 mg	2,505 mg	0.4 to 1
Wild-caught salmon	170 mg	2,020 mg	0.08 to 1
Wild-caught tuna (bluefin)	55 mg	1,300 mg	0.04 to 1

Data from USDA and other sources. Published values for all products vary considerably by diets the animals were fed, especially the percentage of soy and corn feeds included.