

Global Recommendations for EPA and DHA Intake

Country/Region	Organization	Org. Type	Target Population	Recommendation
Global	World Health Organization ¹	Authoritative Body	General adult population	<ul style="list-style-type: none"> n-3 PUFAs: 1-2% of energy / day
	International Society for the Study of Fats and Lipids (ISSFAL) ²	Expert Scientific Organization	General adult population	<ul style="list-style-type: none"> DHA+EPA: 0.65 g/2000kcal/day DHA at least 0.22 g/2000kcal/day EPA at least 0.22 g/2000kcal/day
			Pregnant/nursing women	<ul style="list-style-type: none"> DHA: 300 mg/day
	NATO Workshop on w-3 and w-6 Fatty Acids ²²	Expert Scientific Organization	General Adult Population	<ul style="list-style-type: none"> 800mg EPA/DHA per day
	World Association of Perinatal Medicine ²⁹	Expert Scientific Organization	Pregnant and Lactating Women	<ul style="list-style-type: none"> 200mg DHA per day
	World Gastroenterology Organization ²⁴	Expert Scientific Organization	General Adult Population	<ul style="list-style-type: none"> 3-5 fish servings per week to get EPA and DHA
Australia	National Heart Foundation of Australia ³	Expert Scientific Organization	General adult population	<ul style="list-style-type: none"> 500mg EPA/DHA per day, obtained through fish, fish oil supplements, or enriched foods for prevention of heart disease
			Patients with documented CHD	<ul style="list-style-type: none"> 1000mg EPA/DHA per day, obtained through fish, fish oil supplements, or enriched foods for prevention of heart disease
			Patients with hypertriglyceridemia	<ul style="list-style-type: none"> 1200mg of EPA/DHA from fish oil capsules and enriched foods as first-line therapy Raised to 4000mg of EPA/DHA per day, as needed.
	Australian & New Zealand Health Authorities	Authoritative Bodies	Infants (0-12 mo)	<ul style="list-style-type: none"> 0.5 g n-3 polyunsaturated fats/day adequate

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	(Department of Health & Ageing, National Health & Medical Research Council) ²⁸			intake
			Boys & Girls (1-3 yrs)	▪ 40 mg total LC n-3 (DHA+EPA+DPA) / day adequate intake
			Boys & Girls (4-8 yrs)	▪ 55 mg total LC n-3 (DHA+EPA+DPA) / day adequate intake
			Boys & Girls (9-13 yrs)	▪ 70 mg total LC n-3 (DHA+EPA+DPA) / day adequate intake
			Boys (14-18 yrs)	▪ 125 mg total LC n-3 (DHA+EPA+DPA) / day adequate intake
			Girls (14-18 yrs)	▪ 85 mg total LC n-3 (DHA+EPA+DPA) / day adequate intake
			Men (19+ yrs)	▪ 160 mg total LC n-3 (DHA+EPA+DPA) per day adequate intake
			Women (19+ yrs)	▪ 90 mg total LC n-3 (DHA+EPA+DPA) / day adequate intake
			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	▪ 610mg LC n-3 (DHA+EPA+DPA) / day dietary target
			Women	▪ 430mg LC n-3 (DHA+EPA+DPA) /

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				day dietary target
	Defence Science and Technology Organisation, Department of Defence ³⁴	Authoritative Body	Male soldiers	<ul style="list-style-type: none"> 610mg EPA+DPA+DHA . day
			Female soldiers	<ul style="list-style-type: none"> 430mg EPA+DPA+DHA . day
Austria	Austrian Society for Nutrition ³³	Expert Scientific Organization	General adult population	<ul style="list-style-type: none"> 250mg LCPUFA / day for primary prevention of 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
Belgium	Belgian Superior Health Council ²⁰	Authoritative Body	Pregnant & nursing women	<ul style="list-style-type: none"> 250mg DHA / day
			General adult population	<ul style="list-style-type: none"> Two servings of fatty fish
			CHD Patients	<ul style="list-style-type: none"> 1g EPA/DHA per day from capsules
Canada	Health and Welfare, Canada ⁴	Authoritative Body	General adult population	<ul style="list-style-type: none"> 1.1-1.6 g/day total n-3 PUFAs (ALA, EPA, DHA)
	Dieticians of Canada ²³	Expert Scientific Organization	General adult population	<ul style="list-style-type: none"> 500mg long-chain PUFAs/day
Europe	Expert Workshop of the European Academy of Nutritional Sciences ⁵	Expert Scientific Organization	General Adult Population	<ul style="list-style-type: none"> People who do not eat fish should consider consuming marine n-3 PUFA equivalent to the amount obtained from fatty fish, namely 200 mg EPA + DHA daily
			General Adult Population	<ul style="list-style-type: none"> 250mg EPA+DHA per day
		European Food Safety Agency ²⁵	Authoritative Body	Pregnant & Lactating Women

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			Children 7-24 months	<ul style="list-style-type: none"> ▪ 100mg DHA per day
			Children 2-18 years	<ul style="list-style-type: none"> ▪ 250mg EPA+DHA per day
	The PeriLip and EARNEST projects of the European Commission ³¹	Expert Scientific Organization	Pregnant & Lactating Women	<ul style="list-style-type: none"> ▪ 200mg DHA/day
France	AFFSA ²¹	Authoritative Body	General Adult Population	<ul style="list-style-type: none"> ▪ General Nutrition <ul style="list-style-type: none"> ○ 250mg DHA per day (<i>previously 120mg</i>) ○ 250mg EPA per day ○ 500mg EPA+DHA per day ▪ 500mg per day for metabolic disease risk reduction ▪ 500-750mg per day for cardiovascular disease risk reduction ▪ 500mg per day for breast and colon cancer risk reduction ▪ >200-300mg per day for neuropsychiatric risk reduction ▪ 500mg per day for AMD risk reduction
			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 per day
			Children (3-9 years)	<ul style="list-style-type: none"> ▪ 125mg DHA per day ▪ 250mg EPA+DHA per day

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			Adolescents (9 to 18 years)	<ul style="list-style-type: none"> 250mg DHA per day 500mg EPA+DHA per day
			Pregnant & Nursing Women	<ul style="list-style-type: none"> 250mg DHA per day 500mg EPA+DHA per day
Germany	German Society for Nutrition ³³	Expert Scientific Organization	General adult population	<ul style="list-style-type: none"> 250mg LCPUFA / day for primary prevention of 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
Japan	Ministry of Health, Labor and Welfare	Authoritative Body	General adult population ⁶	<ul style="list-style-type: none"> n-6:n-3 PUFAs: 4:1
			Infants (0-5 months) – boys and girls ²⁶	<ul style="list-style-type: none"> 0.9g total omega-3 per day
			Infants (6-11 months)- boys and girls ²⁶	<ul style="list-style-type: none"> 1.0g total omega-3 per day
			Toddlers (1-2 years) – Boys ²⁶	<ul style="list-style-type: none"> 1.1g total omega-3 per day
			Toddlers (1-2 years) – Girls ²⁶	<ul style="list-style-type: none"> 1.0g total omega-3 per day
			Children (3-5 years) – Boys and Girls ²⁶	<ul style="list-style-type: none"> 1.5g total omega-3 per day
			Children (6-7 years) – Boys and Girls ²⁶	<ul style="list-style-type: none"> 1.6g total omega-3 per day
			Children (8-9 years) – Boys ²⁶	<ul style="list-style-type: none"> 1.9g total omega-3 per day
			Children (8-9 years) – Girls ²⁶	<ul style="list-style-type: none"> 2.0g total omega-3 per day
			Children (10-11 years) – Boys and Girls ²⁶	<ul style="list-style-type: none"> 2.1g total omega-3 per day
			Children (12-14 years) – Boys ²⁶	<ul style="list-style-type: none"> 2.6g total omega-3 per day
			Children (12-14 years) – Girls ²⁶	<ul style="list-style-type: none"> 2.1g total omega-3 per day
			Children (15-17	<ul style="list-style-type: none"> 2.8g total omega-3

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			years) – Boys ²⁶	per day
			Children (15-17 years) – Girls ²⁶	<ul style="list-style-type: none"> 2.3g total omega-3 per day
			Adults (18-49 years) – Men ²⁶	<ul style="list-style-type: none"> 2.6g total omega-3 per day
			Adults (18-49 years) – Women ²⁶	<ul style="list-style-type: none"> 2.2g total omega-3 per day
			Adults (50-69 years) – Men ²⁶	<ul style="list-style-type: none"> 2.9g total omega-3 per day
			Adults (50-69 years) - Women ²⁶	<ul style="list-style-type: none"> 2.5g total omega-3 per day
			Adults (Over 70 years) - Men ²⁶	<ul style="list-style-type: none"> 2.2g total omega-3 per day
			Adults (Over 70 years) - Women ²⁶	<ul style="list-style-type: none"> 2.0g total omega-3 per day
			Pregnant Women ²⁶	<ul style="list-style-type: none"> 2.1g total omega-3 per day
			Nursing Women ²⁶	<ul style="list-style-type: none"> 2.4g total omega-3 per day
Netherlands	Health Council of the Netherlands	Authoritative Body	Children 0-5 months	<ul style="list-style-type: none"> Total n-3 PUFAs: 80 mg/kg/day DHA: 20 mg/kg/day
			Adults	<ul style="list-style-type: none"> Total n-3 PUFAs: 1% of energy⁷ DHA: 150-200 mg/day⁷ n-3 fatty acids from fish: 450mg/day²⁷
Scandinavia	Nordic Council of Ministers ⁸	Authoritative Body	Adults and children over 3 yrs	<ul style="list-style-type: none"> EPA+DHA: 450mg/day Total n-3 PUFAs: 1.0% of energy per day
Switzerland	Swiss Society for Nutrition Research / Swiss Nutrition Association ³³	Expert Scientific Organization	General adult population	<ul style="list-style-type: none"> 250mg LCPUFA / day for primary prevention of 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

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United Kingdom	British Nutrition Foundation ⁹	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</i>-3 fatty acids weekly intake of 1.5g of EPA + DHA
	Committee on the Medical Aspects of Food and Nutrition Policy (COMA) ¹⁰	Authoritative Body	Adults	<ul style="list-style-type: none"> at least two portions of fish, of which one should be oily weekly <i>n</i>-3 PUFAs: > 0.2 g/day
	Scientific Advisory Committee on Nutrition ¹¹	Authoritative Body	Adults	<ul style="list-style-type: none"> weekly <i>n</i>-3 PUFAs \cong 0.2 g/day
United States	Institute of Medicine ¹²	Authoritative Body	Adult men \geq 19 yrs	<ul style="list-style-type: none"> ALA :1.6 g/day of which approximately 10% EPA+DHA
			Adult women \geq 19 yrs	<ul style="list-style-type: none"> ALA: 1.1 g/day of which approximately 10% EPA+DHA
	American Dietetics Association ²³	Expert Scientific Organization	General Adult Population	<ul style="list-style-type: none"> 500mg/day long-chain PUFA intake
	March of Dimes ³²	Expert Scientific Organization	Pregnant and Nursing Women	<ul style="list-style-type: none"> 200mg DHA from fish, fortified foods or supplements
	National Heart, Lung, and Blood Institute, National Cholesterol Education Program ¹³	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 <i>n</i>-3 PUFAs are an option for reducing CHD risk
	American Heart Association ¹⁴	Expert Scientific Organization	All adults without CHD	<ul style="list-style-type: none"> Eat fish (particularly fatty fish) at least two times a week;

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				include oils and foods rich in ALA
			Patients with CHD	<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
			Patients with high triglycerides	<ul style="list-style-type: none"> 2-4 g/day EPA+DHA as capsules under a physician's care
	Dietary Guidelines Advisory Committee ¹⁶	Authoritative Body	General adult population	<ul style="list-style-type: none"> Two servings of fatty fish per week, equivalent to 496mg EPA/DHA per day
	Council for Responsible Nutrition ¹⁷	Expert Scientific Organization	General adult population	<ul style="list-style-type: none"> Approximately 500mg/day EPA/DHA consumption from supplementation or fatty fish consumption
	Executive Office of the President ¹⁸	Authoritative Body	General population	Dietary Guidelines and Food Guide Pyramid should be revised to emphasize the benefits of...increasing consumption of foods rich in omega-3 fatty acids.
	Agency for Healthcare Research and Quality ³⁰	Authoritative Body	General adult population	Fish and fish oil supplements reduce the risk of cardiovascular disease

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