Plant omega-3 fatty acids (mg) Female Male Africa Americas Supply (mg) 3000 Country 1000 Asia Europe 0-11 mo. -11-14 years -20-24 years = 25-29 years = 30-34 years = 35-39 years = 75–79 years = 80–84 years = 85-89 years -2-5 years = 20-24 years = 25–29 years = 30–34 years = 85-89 years = 90-94 years = 6-10 years 60-64 years 65-69 years 70-74 years 12-23 mo. 35-39 years 45-49 years 50-54 years 15-19 years 40-44 years 55-59 years 95+ years 15-19 years 40-44 years 60-64 years 65-69 years 80-84 years 2-5 years 45-49 years 50-54 years 55-59 years 6-10 years 70-74 years 75-79 years 95+ years Age range