Seafood omega-3 fatty acids (mg) Female Male Africa Americas Supply (mg) 3000 2000 1000 Asia UKUSWING MINING Europe Oceania

90-94 years 1 95+ years 2 95+ years 1 95+

15-19 years

12-23 mo. 2-5 years 20-24 years 25-29 years 30-34 years 40-44 years

65-69 years

70-74 years

6-10 years

40-44 years 50-54 years 55-59 years 60-64 years

45-49 years

15-19 years

0-11 mo. 12-23 mo. 2-5 years 20-24 years 25-29 years 30-34 years 35-39 years 80-84 years

75-79 years 85-89 years 90-94 years 85-89 years = 90-94 years =

95+ years

75-79 years

80-84 years

45-49 years 50-54 years 55-59 years

6-10 years 60-64 years 65-69 years 70-74 years

35-39 years

Country