**Table 1:** Recommendations for n-3 fatty acid intake in adults according to different bodies

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| **Group** | **Recommendation** |
| American Heart Association8 | *Primary CHD prevention:* 500 mg/d EPA+DHA or 2 portions fatty fish/week*Secondary CHD prevention:* 1 g/d EPA+DHA |
| American Dietetic Association and Dietitians of Canada9 | 500 mg/d EPA+DHA  |
| EURODIET10 | 200 mg/d EPA+DHA |
| Fourth Joint Task Force of the European Society of Cardiology11 | 2 portions fatty fish/week*Secondary CHD prevention:* 1 g/d EPA+DHA |
| United Kingdom Scientific Advisory Committee on Nutrition12 | At least 2 servings/wk, of which 1 should be oily and provide 450 mg/d EPA+DHA |
| International  Society  for the  Study of Fatty Acids and Lipids13 | 500 mg/d EPA+DHA |
| Perinatal Lipid Intake Working Group14 | At least 200 mg/d DHA during *pregnancy and lactation*  |
| World Association of Perinatal Medicine, Early Nutrition Academy and Child Health Foundation (Pregnancy and Lactation)15 | 200-300 mg/d DHA |

CHD – Coronary Heart Disease

mg/d – milligram per day

EPA – Eicosapentaenoic acid

DHA – Docosahexaenoic acid