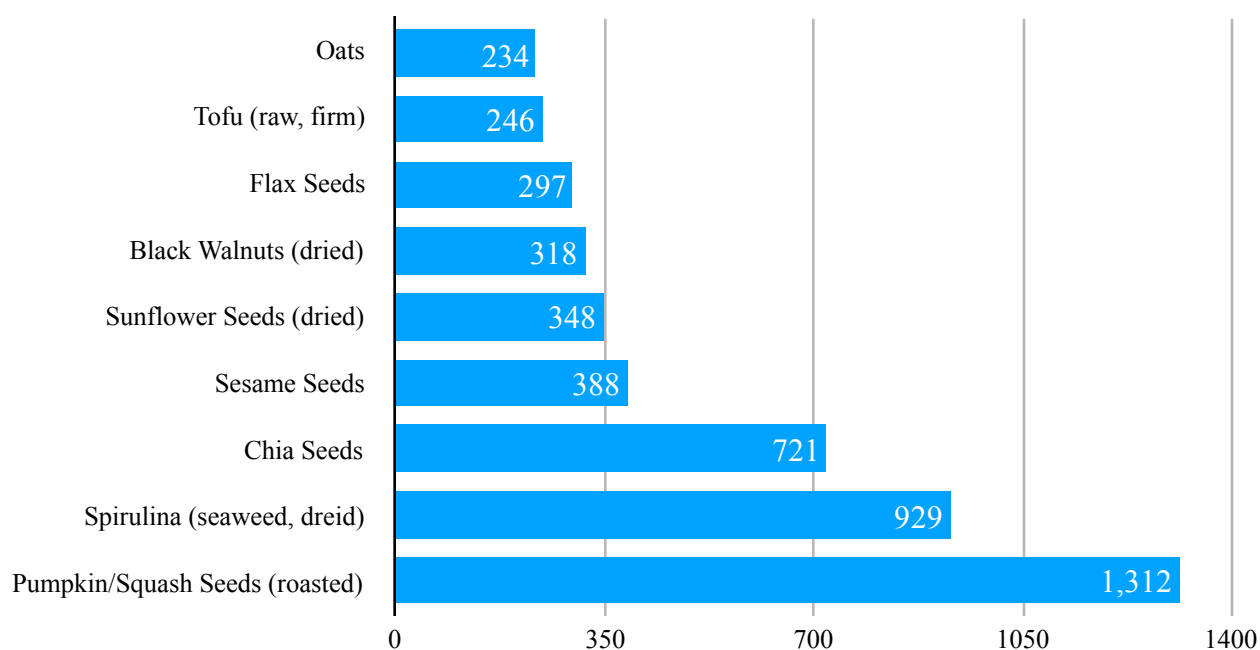




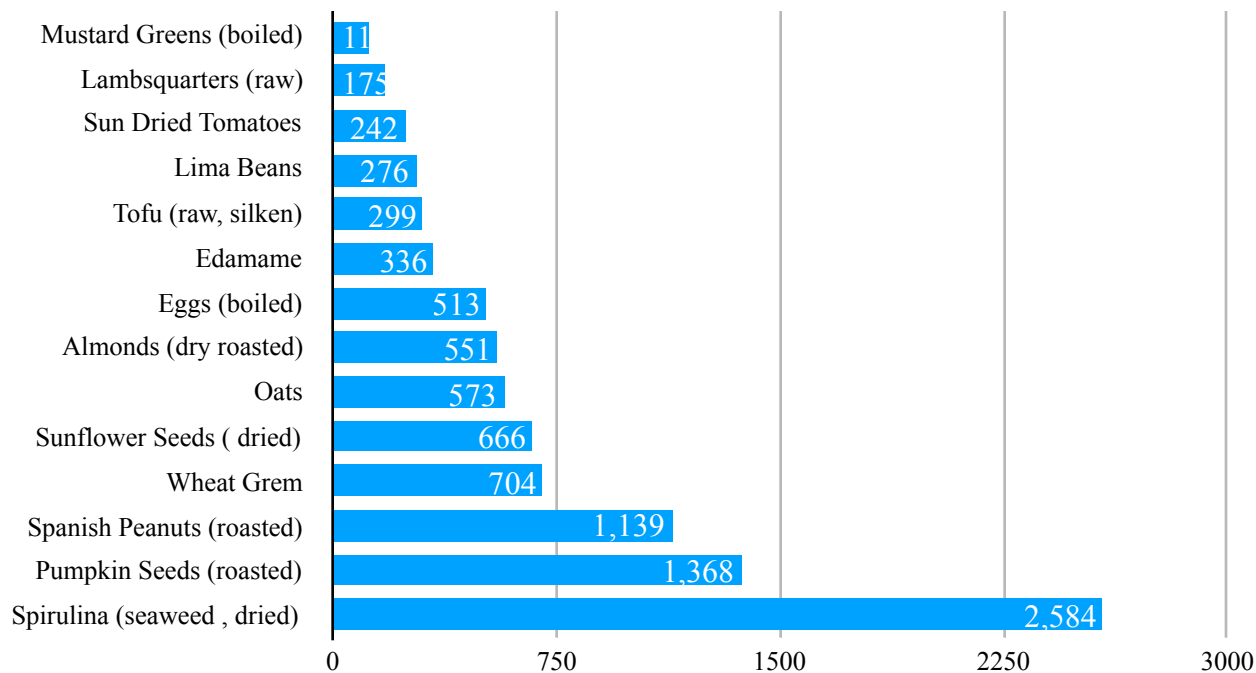
Family Health &
Education Resources

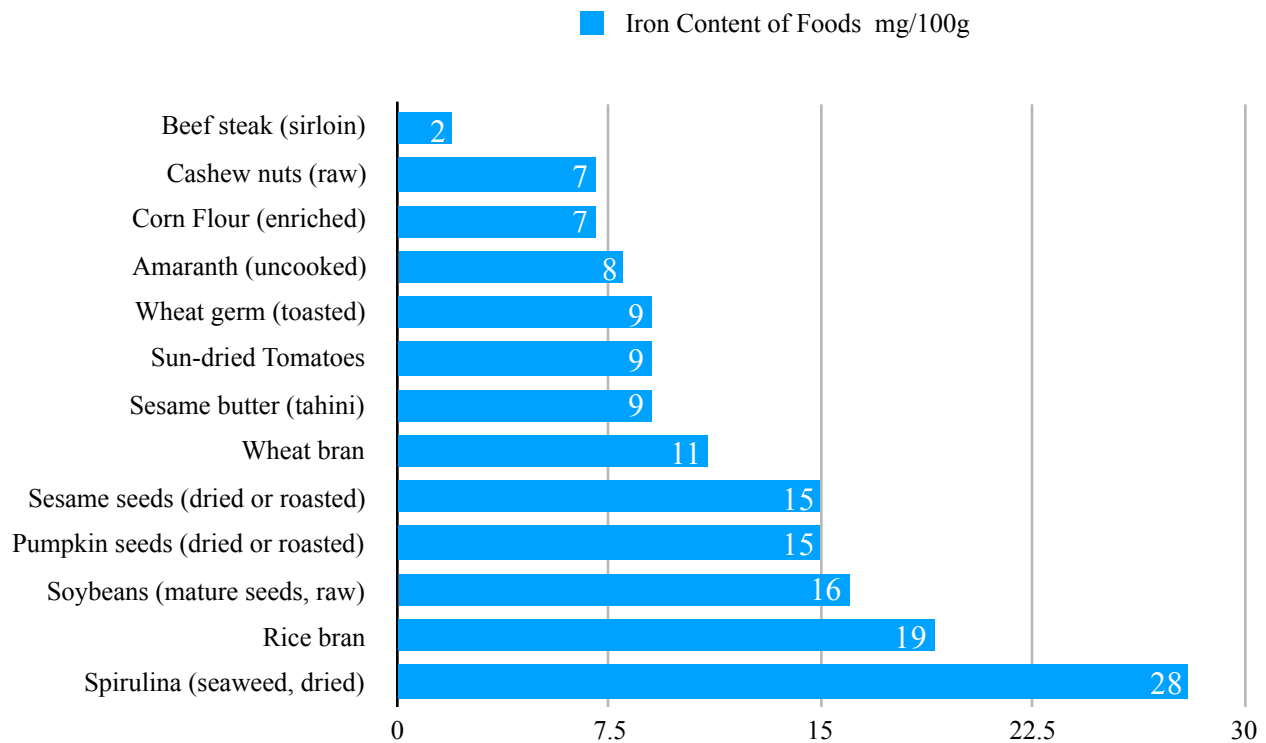
Free Indeed!

■ Tryptophan content mg/100g



■ Tyrosine content mg/100g





Food	Serving	Omega-3 (mg)
Ground Flaxseed	1 oz	6388
Dried Chia Seeds	1 oz	4915
English Walnuts	1 oz	2524
Hemp Seed	1 oz	2000
Wheat Germ Oil	1 Tbs	932
Green Soybeans	1 cup	569
Pecans	1 oz	276
Avocado	1 whole	221
Sweet Red Pepper	1 oz	217
Fresh Blueberries	1 cup	86