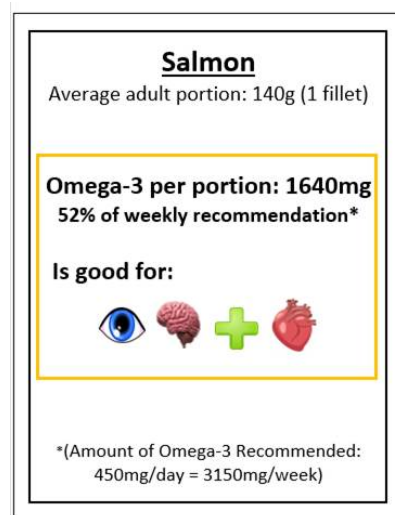


## Omega-3 Top Trumps!

### How to play:

1. Read the blog post about omega-3's to get clued up on what foods contain these!
2. Print off the food image and food info cards, and cut along the lines on the template
3. If printing double sided, the images and info cards should line up. If printing single sided, stick the cut food info card to the back of the cut food image card that it matches
4. Shuffle and divide the cards amongst the players so that the food image is facing up
5. Keep the cards in the order they were dealt, no swapping!
6. All players take the first card from the top of their pile and place in front of them so all players can see what food image everyone else has
7. Players then decide whose food they think has the most omega-3 in
8. This player will go first to turn over their card and look at the facts in the yellow box on the back:

Here they will see the amount of omega-3 in portion of their food, what percentage of how much we should have in a week this is, and some images indicating what other health benefits that food has (see example card below)

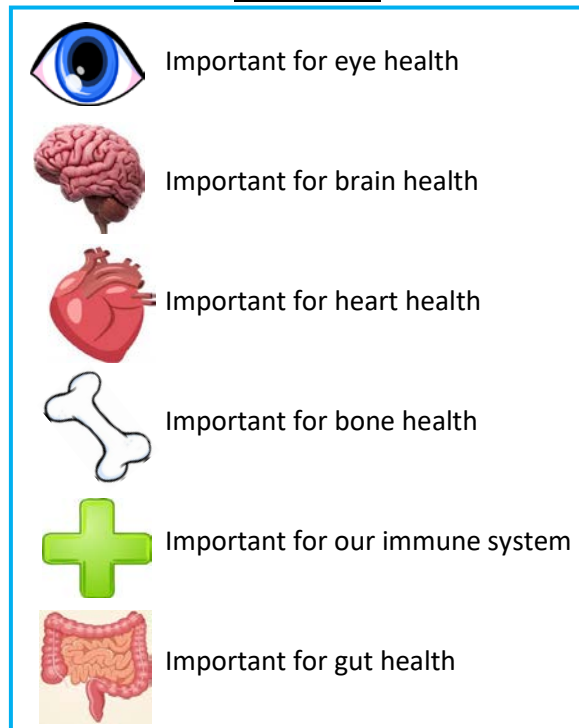


The meaning of the images at the bottom of the card can be found in the key on the next page. The player will then read out loud how much omega-3 is in a portion of their food and what other health benefits it has. E.g. for above "A portion of salmon has 52% of how much omega-3 we should have each week and it is good for eye health, brain health, immunity and heart health".

9. The other players will then take it in turns to turn over their card and read out their facts
10. Were the players correct in guessing which food had the most omega-3 in??
11. Now all players have read out their facts, compare to see who has the highest number of health images to find a winner; if there is a draw, the player with the highest amount of omega-3 wins!

- Just because a food has a lower amount of omega-3 or lower number of health images does not mean it is not good for us. Be sure to acknowledge the health images and reassure players how that food is good for us even though it may have lost in the game.
12. The winner takes the other players cards from that round and puts these to the back of their own pile of cards
  13. Repeat until one player has won all other players cards!

**Image Key:**



**Salmon**



**Avocado**



**Fish fingers**



**Yoghurt**



**Mackerel**



**Bread**



**Chicken**



**Prawns**



**White fish**



**Fish & chips**



**Red meat**



**Nuts & seeds**



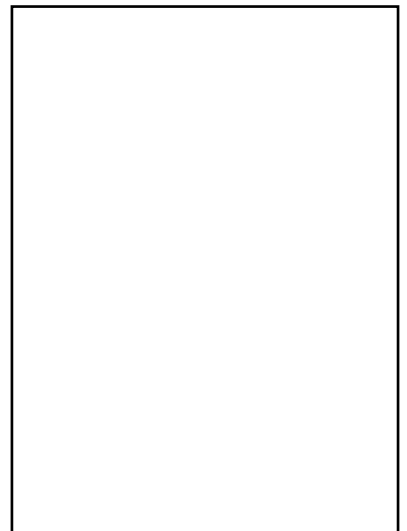
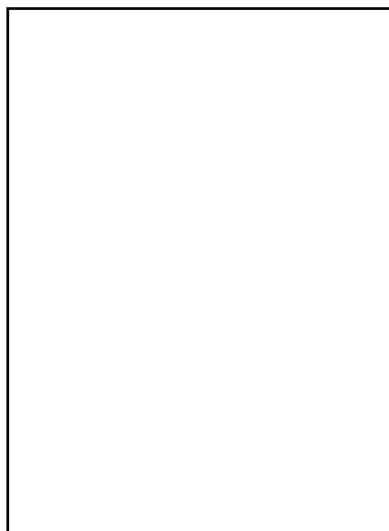
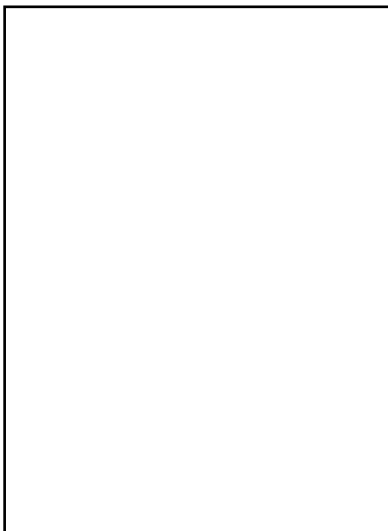
**Green vegetables**



**Tinned tuna**



**Omega-3  
(Fish oil)  
capsules**



### Fish Fingers (white fish)

Average adult portion: 112g (4 fingers)

**Omega-3 per portion: 125mg**  
4% of weekly recommendation\*

Is good for:



\*(Amount of Omega-3 Recommended:  
450mg/day = 3150mg/week)

### Avocado

Average adult portion: 50g (1/2 small)

**Omega-3 per portion: 60mg**  
2% of weekly recommendation\*

Is good for:



Is also a good source of Vitamins A, B, C,  
D, E, K and monounsaturated fats

\*(Amount of Omega-3 Recommended:  
450mg/day = 3150mg/week)

### Salmon

Average adult portion: 140g (1 fillet)

**Omega-3 per portion: 1640mg**  
52% of weekly recommendation\*

Is good for:



\*(Amount of Omega-3 Recommended:  
450mg/day = 3150mg/week)

### Bread

Average adult portion: 45g (2 slices)

**Omega-3 per portion: 0mg**  
0% of weekly recommendation:  
(unless fortified)

Is good for:



Is also a good source of calcium, vitamin B  
+ probiotics

\*(Amount of Omega-3 Recommended:  
450mg/day = 3150mg/week)

### Mackerel

Average adult portion: 90g (1 fillet)

**Omega-3 per portion: 2000mg**  
63% of weekly recommendation\*

Is good for:



\*(Amount of Omega-3 Recommended:  
450mg/day = 3150mg/week)

### Yoghurt

Average adult portion: 130g (1 pot)

**Omega-3 per portion: 0mg**  
0% of weekly recommendation:  
(unless fortified)

Is good for:



Is also a good source of fibre, vitamin B,  
iron and calcium if fortified

\*(Amount of Omega-3 Recommended:  
450mg/day = 3150mg/week)

### White fish (Cod/Haddock)

Average adult portion: 140g (1 fillet)

**Omega-3 per portion: 125mg**  
4% of weekly recommendation\*

Is good for:



Is a good source of low-fat protein,  
vitamin B and selenium

\*(Amount of Omega-3 Recommended:  
450mg/day = 3150mg/week)

### Prawns

Average adult portion: 75g (1/2 packet)

**Omega-3 per portion: 230mg**  
7% of weekly recommendation\*

Is good for:



\*(Amount of Omega-3 Recommended:  
450mg/day = 3150mg/week)

### Chicken

Average adult portion: 100g

**Omega-3 per portion: 47mg**  
2% of weekly recommendation\*

Is good for:



\*(Amount of Omega-3 Recommended:  
450mg/day = 3150mg/week)

### Nuts and seeds

Average adult portion: 56g (1/2 tin)

**Omega-3 per portion: 200mg**  
6.5% of weekly recommendation\*

Is good for:



\*(Amount of Omega-3 Recommended:  
450mg/day = 3150mg/week)

### Red meat (Burger/Steak)

Average adult portion: 120g (1/2 small steak)

**Omega-3 per portion: 160mg**  
5% of weekly recommendation\*

Is good for:



Is also a good source of iron.  
**High in saturated fat – not great!**

\*(Amount of Omega-3 Recommended:  
450mg/day = 3150mg/week)

### Fish & chips

Average adult portion: medium battered cod (170g) + medium portion of chips (250g)

**Omega-3 per portion: 125mg**  
4% of weekly recommendation\*

Is good for:

Providing omega-3

**High in saturated fat – not great!**

\*(Amount of Omega-3 Recommended:  
450mg/day = 3150mg/week)

### Omega 3 (fish oil) capsules

Average adult portion: 2-3 capsules

**Omega-3 per portion: 900mg**  
200% of weekly recommendation\*

Is good for:



\*Health store - Will vary considerably depending on brand

\*(Amount of Omega-3 Recommended:  
450mg/day = 3150mg/week)

### Tinned tuna

Average adult portion: 56g (1/2 tin)

**Omega-3 per portion: 200mg**  
6.5% of weekly recommendation\*

Is good for:



\*(Amount of Omega-3 Recommended:  
450mg/day = 3150mg/week)

### Green vegetables

Average adult portion: 120g (4 heaped tablespoons)

**Omega-3 per portion: 190mg\***  
6% of weekly recommendation\*

Is good for:



Is also a good source of fibre, vitamin B, and iron

\*(Amount of Omega-3 Recommended:  
450mg/day = 3150mg/week)