

Adequate Intakes (AIs) for OMEGA-3s

Age	Male	Female	Pregnancy	Lactation
Birth to 6 months ☆	0.5 g	0.5 g		
7-12 months* ☆	0.5 g	0.5 g		
1-3 years ☆ ☆	0.7 g	0.7 g		
4-8 years ☆ ☆	0.9 g	0.9 g		
9-13 years ☆ ☆	1.2 g	1.0 g		
14-18 years ☆ ☆	1.6 g	1.1 g	1.4 g	1.3 g
19-50 years ☆ ☆	1.6 g	1.1 g	1.4 g	1.3 g
51+ years ☆ ☆	1.6 g	1.1 g		

☆
As Total
Omega-3s



☆☆
As
ALA

