

2024 Global Omega-3 Status Map

The first global map of omega-3 status was published in 2016 using the Omega-3 Index (the percentage of EPA and DHA in red blood cell membranes) as the standard measure. This update, based on 328 studies from 48 countries, shows most nations' average Omega-3 Index level remains in the low to very low range. While countries like the USA, Canada, Italy and Spain have improved, others – such as Iran, Egypt and India – still report very low levels.

Desirable (>8%)

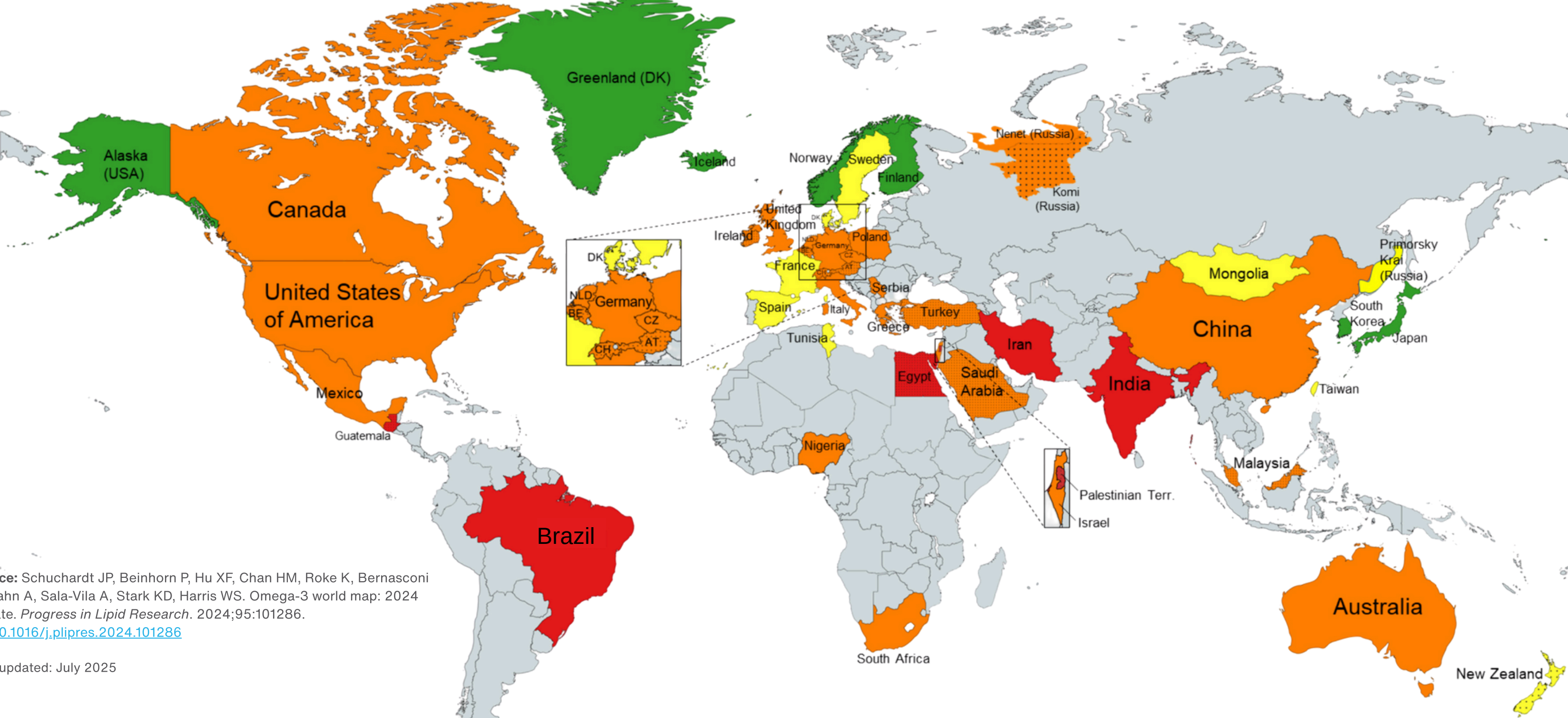
Very Low (<4%)

Moderate (6-8%)

<200 data points

Low (4-6%)

No data



Source: Schuchardt JP, Beinhorn P, Hu XF, Chan HM, Roke K, Bernasconi A, Hahn A, Sala-Vila A, Stark KD, Harris WS. Omega-3 world map: 2024 update. *Progress in Lipid Research*. 2024;95:101286. doi:[10.1016/j.plipres.2024.101286](https://doi.org/10.1016/j.plipres.2024.101286)

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