

Omega-3 Rich Shopping List (Philippines)

(Quantities for 1–2 people; adjust for family size)

FISH & SEAFOOD (EPA/DHA Sources)

1. Mackerel (Hasa-Hasa/Alumahan) – 500g (2–3 servings)
2. Sardines (Tamban/Tawilis, fresh or canned in water) – 500g or 2 cans
3. Bangus (Milkfish, preferably belly) – 2 medium-sized
4. Tuna (Tambakol, fresh or canned in water) – 300g or 1 can
5. Squid (Pusit) – 250g
6. Tanigue (Spanish Mackerel, for kinilaw) – 300g
7. Lato/Guso (Seaweed) – 1 bunch (or dried, if fresh unavailable)

PLANT-BASED (ALA Sources)

8. Chia Seeds – 100g pack (lasts weeks)
9. Flaxseeds (whole or ground) – 100g pack
10. Pili Nuts – 100g (or sub with walnuts if unavailable)
11. Perilla Seeds/Oil (if available in Korean/health stores) – Small pack
12. Flaxseed Oil (optional) – 1 small bottle

VEGETABLES & HERBS

13. Ampalaya (Bitter Melon) – 1 piece
14. Kangkong – 1 bunch
15. Gulasiman (Purslane) – 1 bunch (or sub with spinach + flaxseed oil)
16. Upo (Bottle Gourd) – 1 piece
17. Eggplant, Okra, Squash (for pinakbet) – 2–3 pieces each
18. Tomatoes, Onions, Garlic – 5–6 pieces each

19. Ginger – 1 small root
20. Buko Pandan (for dessert, optional) – 1 pack leaves/extract

PANTRY STAPLES

21. Brown/White Rice – 2kg
22. Oats – 200g (for chia oatmeal)
23. Whole Wheat Bread – 1 loaf
24. Coconut Milk (for chia pudding/sinigang) – 1 can
25. Olive Oil/Cooking Oil – Small bottle
26. Vinegar (for kinilaw) – 1 bottle
27. Soy Sauce/Fish Sauce (patis) – Small bottles

FRUITS & SNACKS

28. Bananas – 5–6 pieces
29. Mangoes – 2–3 pieces
30. Coconut (for buko pandan dessert, optional) – 1 whole or grated pack

DAIRY/ALTERNATIVES (Optional)

31. Eggs – 6 pieces (for omelette)
32. Tofu – 1 block (for vegan day)

SUPPLEMENTS (For Vegans/Strict Plant-Based)

33. Algae Oil Capsules (250mg DHA/day) – 1 small pack

Budget Tips:

- Prioritize local fish (tamban, hasa-hasa, bangus) over imported tuna/salmon.
- Buy seeds in bulk (chia/flax last long).
- Use canned sardines (cheaper than fresh, but check for "in water" versions).
- Skip perilla oil if expensive—double flaxseed instead.

Prep Ahead:

- Toast flaxseeds and grind weekly for freshness.
- Portion fish into daily servings and freeze.