

NUTRITION

Omega-3 for Babies: Brain-Boosting Fats and Best Food Sources

Omega-3 fats, especially DHA, support your baby's brain and eye development. Learn the best omega-3 foods for babies and how to serve them safely.

Frequently Asked Questions

Why are omega-3 fats important for babies?

Omega-3 fats, especially DHA, are key building blocks of the brain and eyes, which grow rapidly in the first year. They support healthy neurological and visual development.

What are the best omega-3 foods for babies?

Cooked oily fish like salmon is the richest source of the most usable omega-3 (DHA). Eggs, especially omega-3-enriched ones, and plant fats like ground walnuts and chia or flax contribute the plant form, ALA.

How often can babies eat fish?

Babies can typically have a couple of small servings of low-mercury fish like salmon per week. Avoid high-mercury fish such as shark, swordfish, and king mackerel. Check with your pediatrician.

Do breastfed babies get omega-3?

Breast milk supplies DHA, with amounts influenced by the parent's diet. Formula is fortified with DHA. Both help cover a baby's needs in the first months before solids expand the diet.

Can babies have omega-3 supplements?

Food is the preferred source. If you are considering a supplement, discuss it with your pediatrician first rather than starting one on your own.

Are plant omega-3 sources enough on their own?

Plant foods provide ALA, which the body converts to DHA only inefficiently. They are valuable, but including some fish or fortified foods, or discussing options with your pediatrician for vegan babies, helps ensure enough DHA.