There is an increasing interest in the use of healthy long chain omega-3 oils in foods. Incorporation of omega-3 oils into foods decreases their oxidative stability and therefore precautions need to be taken to avoid lipid oxidation. This review summarises the major factors to take into consideration when developing food emulsions enriched with omega-3 oils and examples on how oxidation can be reduced in products such as mayonnaise, spreads, milk, yoghurt are also given.