

WHICH FISH IS THE RICHEST IN OMEGA-3s?

(PER 4 OUNCE COOKED PORTION)



Health organizations suggest an intake of at least 250 to 500 milligrams of omega-3 EPA+DHA per day. The American Heart Association recommends 1,000 milligrams of EPA+DHA per day for patients with coronary heart disease, and two meals of oily fish per week for people without heart disease.

> 1,000 MILLIGRAMS



Anchovies
Herring
Mackerel (Atlantic & Pacific)
Oysters (Pacific, cooked)
Sablefish (Black Cod)
Salmon (Atlantic, Chinook, Coho)
Sardines (Atlantic & Pacific)
Swordfish
Trout

500 - 1,000 MILLIGRAMS



Alaskan Pollock
Barramundi
Crab
Mussels
Salmon (Chum, Pink & Sockeye)
Sea Bass
Squid
Tilefish
Tuna (Albacore/White)
Walleye

250 - 500 MILLIGRAMS



Catfish
Clams
Flounder/Sole
Grouper
Halibut
Mackerel (King)
Oysters (Eastern, farmed, cooked)
Perch
Rockfish
Snapper
Tuna (Skipjack)

< 250 MILLIGRAMS



Cod
Crayfish
Haddock
Lobsters
Mahi Mahi
Shrimp
Scallops
Tilapia
Tuna (Yellowfin)

If you are not able to meet the omega-3 recommendation from seafood then consider supplementing with omega-3 EPA + DHA capsules.



SEAFOODNUTRITION.ORG

Source: USDA National Nutrient Database for Standard Reference