

# 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)  
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)  
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