

# WHICH FISH IS THE RICHEST IN OMEGA-3s? (PER 4 OUNCE COOKED PORTION)

Studies show omega-3s can reduce risk of heart disease, depression, dementia and arthritis, and improve overall happiness. Prominent health organizations suggest eating a variety of seafood at least twice a week, aiming to consume an average of 250 to 500 milligrams of omega-3s EPA and DHA per day.

## > 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)  
Walleye

## 250 - 500 milligrams



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

## < 250 milligrams



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

Source: U.S. Department of Agriculture, FoodData Central at [fdc.nal.usda.gov](http://fdc.nal.usda.gov)

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



[seafoodnutrition.org](http://seafoodnutrition.org)