WHICH FISH IS THE RICHEST IN OMEGA-3s? (PER 3 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.

<table>
<thead>
<tr>
<th>&gt; 1,000 milligrams</th>
<th>500 - 1,000 milligrams</th>
<th>250 - 500 milligrams</th>
<th>&lt; 250 milligrams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anchovies</td>
<td>Barramundi</td>
<td>Alaska Pollock</td>
<td>Catfish</td>
</tr>
<tr>
<td>Herring</td>
<td>Mussels</td>
<td>Crab</td>
<td>Clams</td>
</tr>
<tr>
<td>Mackerel (Atlantic &amp; Pacific)</td>
<td>Salmon (Chum, Coho, Pink &amp; Sockeye)</td>
<td>Flounder/Sole</td>
<td>Cod</td>
</tr>
<tr>
<td>Oysters (Pacific)</td>
<td>Sea Bass</td>
<td>Rockfish</td>
<td>Crayfish</td>
</tr>
<tr>
<td>Sablefish (Black Cod)</td>
<td>Swordfish</td>
<td>Snapper</td>
<td>Grouper</td>
</tr>
<tr>
<td>Salmon (Atlantic &amp; Chinook)</td>
<td>Tilefish</td>
<td>Tuna (Skipjack, canned)</td>
<td>Haddock</td>
</tr>
<tr>
<td>Sardines</td>
<td>Trout</td>
<td>Walleye</td>
<td>Halibut</td>
</tr>
<tr>
<td>Tuna (Bluefin)</td>
<td>Tuna (Albacore)</td>
<td></td>
<td>Lobster</td>
</tr>
<tr>
<td>Whitefish</td>
<td></td>
<td></td>
<td>Mahi Mahi</td>
</tr>
</tbody>
</table>

Source: U.S. Department of Agriculture, FoodData Central at 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.