

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, 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

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