## Which Fish Give You More Omega-3s?



## Eating fish is important for a healthy diet

Seafood is a good source of the protein, healthy fats, vitamins and minerals you need for overall health. Plus, fish is among the only food sources of **EPA and DHA omega-3s** – fatty acids that are critical for a healthy heart, brain, eyes, and prenatal health.

When it comes to EPA & DHA omega-3s...

## Some fish sources are better than others

Fish Sources	Serving Size	
Salmon, grilled	140 g	
Mackerel	140 g	
Horse Mackerel, raw	85 g	
Anchovy	85 g	
Herring	85 g	
Bluefish	85 g	
Trout, grilled	140 g	
Sardines	85 g	
Salmon, canned	85 g	
Bass (Grouper)	140 g	
Mussels, cooked	85 g	
Salmon, smoked	85 g	
Oysters, baked or broiled	85 g	
Snapper	140 g	
Oysters, raw	85 g	
Tuna, canned	85 g	
Cod	140 g	
Shrimp	85 g	
Tuna, cooked	140 g	
Scallops, grilled	85 g	
Tilapia	140 g	
Clams	85 g	

140 g = 1 fillet85 g = 3 oz Think Salmon Mackerel

These five fish are among the best sources of EPA and DHA omega-3s.

Salmon
Mackerel
Anchovies
Sardines
Herring



Source: U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov.