



Fishing For Health (Omega-3 Content Of Fish)



FISH

EPA/DHA (g/3-oz. portion)

Mackerel, Atlantic	1.954
Anchovies, canned in oil, drained	1.746
Salmon, Atlantic, farmed	1.671
Salmon, chinook	1.659
Herring, Atlantic	1.336
Salmon, Atlantic, wild	1.221
Sablefish	1.185



The Mediterranean Nutritionist

How to follow The Mediterranean Diet for better health and longevity

Tuna, bluefin	0.998
Salmon, sockeye	0.996
Salmon, coho, wild	0.923
Sardines, Atlantic, canned in oil, drained	0.834
Trout, rainbow, farmed	0.789
Tuna, white, canned in water	0.733
Oysters, Pacific	0.584
Swordfish	0.543
Rainbow trout, wild	0.499
Shrimp	0.408
Lobster	0.317
Catfish, channel, wild	0.310
Halibut	0.308
Catfish, channel, farmed	0.233
Grouper	0.210
Flatfish (founder and sole)	0.169
Haddock	0.157
Cod, Atlantic	0.156
Octopus	0.134
Clams	0.121