

Choosing Your Fish

Remember to choose fish that are high in omega-3 and low in mercury.

Omega-3 Content in Fish:

Type of fish	Total omega-3 content per 3.5 ounces (in grams)
Mackerel	2.6 (Canadian and Atlantic Mackerel only)
Trout, lake	2.0
Herring	1.7
Salmon	1.5
Sardines, canned	1.5
Sturgeon, Atlantic	1.5
Whitefish, lake	1.5
Anchovies	1.4
Bluefish	1.2
Bass, striped	0.8
Trout	0.6
Halibut, Pacific	0.5
Pollock	0.5
Sturgeon	0.4
Bass, freshwater	0.3
Catfish	0.3
Ocean perch	0.3
Flounder	0.2
Haddock	0.2
Snapper, red	0.2
Sole	0.1

Mercury in Fish

High Mercury

Bluefish
Grouper
Mackerel (Spanish, Gulf)
Sea Bass (Chilean)
Tuna (canned albacore)
Tuna (yellowfin)

Highest Mercury

Avoid eating these:
Mackerel (king)
Marlin
Orange roughy
Shark
Swordfish
Tilefish
Tuna (bigeye, ahi)