

Omega-3s in Seafood

Healthy Eating Basics Guideline: Aim for 2+ servings



(~4 oz. cooked) of a variety of seafood per week.

This provides an average of 250 mg of omega-3s per day.

Amounts of omega-3s in common seafood items (per 3 oz cooked)

| 1000+mg | | |
|--|---|--|
| Anchovies | Herring | Mackerel*** |
| Salmon, Farmed (Atlantic, Coho, King) | Salmon, Wild (King, Pink, Sockeye) | |
| 500-1000mg | | |
| Sea Bass* | Trout | Sardines |
| Swordfish ** | Salmon, Wild (Coho) | Tuna, Canned (White Albacore) * |
| 100-500mg | | |
| Clams | Cod | Crab (King, Snow) |
| Haddock | Halibut * | Spiny Lobster |
| Mahi Mahi * | Scallops | Shrimp |
| Squid | Tilapia | Tuna, Canned (Light) |
| Flounder | | |

* According to the FDA and EPA, women who are or may become pregnant, women who are breastfeeding, and young children should limit these fish to 1-2 servings per week due to mercury levels.

**Swordfish should be avoided by women who are or may become pregnant, women who are breastfeeding, and young children due to mercury levels.

***King Mackerel should be avoided by women who are or may become pregnant, women who are breastfeeding, and young children; Spanish Mackerel should be limited to once a week; Atlantic and Pacific Chub Mackerel do not need to be limited.

eat well. live well.™

Omega-3s in Plants

There are different types of omega-3s. The type found in seafood and algae is more effective in your body than the type found in most plant foods. However, you can still get benefits from omega-3s in plant foods!

Flaxseeds



Chia Seeds



Hemp Seeds



Walnuts



**Edamame,
Soybean Oil**



Canola Oil



Suggestions to incorporate throughout the week:

- Handful of **walnuts** as part of a snack
- 1 Tbsp of **canola oil** in a homemade salad dressing
- 2 Tbsp ground **flaxseed** sprinkled in oatmeal
- An ounce of **chia seeds** in a smoothie