## Omegas by the Mouthful*

Here are some fish and other foods that contain DHA and EPA, the two most promising omega-3 fats. ALA (alpha-linolenic acid) isn't included. Shoot for about 500 mg a day of DHA plus EPA. *Brand-name foods are in italics*. Numbers are rounded to the nearest 10 mg.

| **Food *(6 oz. cooked for fish, unless noted)*** | **DHA+EPA (mg)** | **Food (6 oz. cooked for fish, unless noted)** | **DHA+EPA (mg)** |
|---|---|---|---|
| Atlantic salmon, farmed | 3,650 | Catfish, wild | 400 |
| Atlantic salmon, wild | 3,130 | Haddock | 400 |
| Coho salmon, farmed | 2,180 | *Chicken of the Sea Skinless Boneless Pink Salmon* (3 oz.) | 370 |
| Rainbow trout, farmed | 1,960 | Dungeness crab (3 oz.) | 340 |
| Coho salmon, wild | 1,800 | *StarKist Very Low Sodium Chunk White Albacore Tuna, in water* (3 oz.) | 330 |
| Rainbow trout, wild | 1,670 | Catfish, farmed | 300 |
| *King Oscar Sardines*, in water (2.8 oz.) | 1,500 | Shrimp (3 oz.) or Atlantic cod | 270 |
| Swordfish | 1,390 | Clams (3 oz.) | 240 |
| *Bumblebee Salmon-Red, Pink or Blue-back* (3 oz.) | 1,200 | *StarKist Low Sodium Chunk Light Tuna, in water* (3 oz.)[1] | 240 |
| Sardines, in tomato sauce (3 oz.) | 1,190 | *StarKist* or *Chicken of the Sea Solid White Albacore Tuna*, in water (3 oz.)[1] | 240 |
| Pacific oysters (3 oz.) | 1,170 | *Smart Balance Omega plus Buttery Spread* (1 Tbs,) | 160 |
| Mackerel, caned (3 oz.) | 1,050 | *Land O'Lakes Omega-3 Eggs* (1)** | 150 |
| Pollock or whiting [1] | 900 | *Starkist* or *Chicken of the Sea* chunk light tuna in water | 140 |
| Flounder | 850 | *Eggland's Best Grade A Large Eggs* (1) | 130** |
| Sole | 850 | Lobster (3 oz.) | 70 |
| Sardines, in vegetable oil, drained (3 oz.) | 840 | *Breyers Smart!* DHA Omega-3 yogurt (6 oz.) | 30 |
| Halibut | 790 | *Horizon Organic DHA Omega-3 Milk* (1 cup) | 30 |
| Rockfish | 750 | *Silk Plus Omega-3 DHA Soy Milk* (1 cup) | 30 |
| Fish sticks (6) | 680 | Egg (1 large) | 20 |
| Ocean Perch | 640 | | |
| Scallops | 620 | | |
| Skipjack tuna, fresh | 560 | | |
| Pacific cod | 470 | | |
| Yellow fin tuna, fresh | 470 | | |
| Blue crab (3 oz.) | 400 | | |

*Copyright 2007 CSPI. Adapted with permission from *Nutrition Action Healthletter*. www.cspinet.org

**From independent lab analysis

[1]Average

Sources: manufacturers, USDA and Independent lab analysis.

Chart compiled by Danielle Hazard