

Why Should You Eat Omega-3 Fats from Fish for Your Heart Health?

Eating fish and seafood lowers the risk of heart attack and stroke. Fish are *low* in saturated fat and *high* in omega-3 fats. The omega-3 fats, EPA and DHA (short for eicosapentaenoic acid and docosahexaenoic acid), may have many heart-health benefits. Oily fish have higher amounts of EPA and DHA than less oily fish. If you have heart disease, you should strive to eat 1000 mg of EPA and DHA a day. If you do not have heart disease, aim for 500 mg of EPA and DHA a day. *Eating fish* is best to increase your intake of EPA and DHA. **Two 4 oz. servings of oily fish per week will increase your blood levels of EPA and DHA.** Avoid deep fried fish. Deep frying may destroy EPA and DHA and adds calories. Limit eating fish high in mercury and other toxins, such as mackerel, swordfish, and some tuna, especially if you are pregnant or breastfeeding.

Omega-3 Fats in Fish and Seafood

1,000 mg – 1,500 mg EPA and DHA in 3 oz. cooked fish or seafood

American shad
Anchovies**
Herring, Wild
Mackerel*
Rainbow Trout, Wild and Farmed
Sablefish
Salmon, Canned
Salmon, Wild (King) and Farmed
Tuna—Bluefin*

500 mg – 1000 mg EPA and DHA in 3 oz. cooked fish or seafood

Mussels
Oysters
Salmon, Wild (Sockeye, Coho, Chum & Pink)
Sardines, Canned **
Smelt
Swordfish*
Trout
Tuna—Albacore*



200 mg – 500 mg EPA and DHA in 3 oz. cooked fish or seafood

Catfish, Wild
Crab-King, Dungeness and Snow
Flounder
Grouper, Wild
Ocean Perch
Pollock
Seatrout
Snapper
Tuna, canned, in water**

Less than 200 mg EPA and DHA in 3 oz. cooked fish or seafood

Blue Crab, Wild
Catfish, Farmed
Cod, Wild
Haddock, Wild
Scallops, Wild
Shrimp, Wild
Surimi Product (Imitation Crab)
Tilapia, Farmed

Ideas for Adding More Fish and Seafood to Your Meals

Eat 4 oz. of grilled, baked, broiled, or sautéed fish at least twice each week

Order simple grilled fish instead of fried fish when eating out

Top a lunch-time salad with canned tuna or salmon**

Snack on a can of sardines** with whole-grain crackers and raw carrots and celery

*Pregnant and breastfeeding women and young children should avoid these fish because they are higher in mercury.

**Canned fish may be high in sodium—look for low sodium varieties.

Tuna packed in water has more omega-3 fats than tuna packed in oil.

A registered dietitian nutritionist can help you make a heart-healthy meal plan that works best for your lifestyle, and support you in your journey to a healthful dietary pattern.