



# Omega-3 Fats in Fish and Seafood

Advice from the National Lipid Association Clinician's Lifestyle Modification Toolbox

## Why should you eat omega-3 fats in fish for your heart health?

Eating fish may lower your risk of heart attack, stroke, and death from heart disease. Fish are *low* in saturated fat and *high* in omega-3 fats. The omega-3 fats, EPA and DHA, may have many heart-health benefits. Oily fish like salmon, trout, and tuna are higher in EPA and DHA. Fish that is not oily like cod, tilapia and halibut are lower in EPA and DHA. All fish are a healthy choice in place of fatty red meats. **Eating 2 servings of fish (each 4 oz. cooked) each week can make your blood levels of EPA and DHA higher.** Avoid deep fried fish because deep-frying adds extra calories. Choose baked, broiled, or grilled fish.

## Omega-3 Fats in Fish and Seafood

### 1,000mg – 1,500mg 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\*

### 200mg – 500mg 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\*\*

### 500mg – 1,000mg 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\*

### Less than 200mg 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 sauteed fish at least twice each week

Order grilled fish without butter instead of fried fish when eating out

Top a lunch-time salad with canned tuna or salmon packed in water\*\*

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



\*Pregnant and breastfeeding women and young children should avoid these fish. They can be higher in mercury.

\*\*Canned fish may be high in sodium. Look for low-sodium canned fish.

A registered dietitian nutritionist (RDN) can help you make a heart-healthy meal plan that works best for your lifestyle and support you in your nutrition journey.