



Seafood Health Facts: Making Smart choices

Balancing the Benefits and Risks of Seafood Consumption

Resources for Healthcare Providers and Consumers

Omega-3 (EPA+DHA) Levels in Common Fish and Shellfish [1]

Health organizations suggest an EPA+DHA intake of at least 250 to 500 milligrams per day. The American Heart Association recommends 1000 milligrams of EPA+DHA per day for patients with coronary heart disease, and two meals of oily fish per week for people without heart disease.












Omega-3 Content of Frequently Consumed Seafood Products

SEAFOOD PRODUCT		OMEGA-3s PER 3 OUNCE COOKED PORTION
Herring, Wild (Atlantic & Pacific)	♥♥♥♥♥♥	>1,500 milligrams
Salmon, Farmed (Atlantic)	♥♥♥♥♥♥	
Salmon, Wild (King)	♥♥♥♥♥♥	
Mackerel, Wild (Pacific & Jack)	♥♥♥♥♥♥	
SEAFOOD PRODUCT		OMEGA-3s PER 3 OUNCE COOKED PORTION
Salmon, Canned (Pink, Sockeye & Chum)	♥♥♥♥♥♥	1,000 to 1,500 milligrams
Mackerel, Canned (Jack)	♥♥♥♥♥♥	
Mackerel, Wild (Atlantic & Spanish)	♥♥♥♥♥♥	
Tuna, Wild (Bluefin)	♥♥♥♥♥♥	
SEAFOOD PRODUCT		OMEGA-3s PER 3 OUNCE COOKED PORTION

Salmon, Wild (Sockeye, Coho, Chum & Pink)	♥♥♥♥	500 to 1,000 milligrams
Sardines, Canned	♥♥♥♥	
Tuna, Canned (White Albacore)	♥♥♥♥	
Swordfish, Wild	♥♥♥♥	
Trout, Farmed (Rainbow)	♥♥♥♥	
Oysters, Wild & Farmed	♥♥♥♥	
Mussels, Wild & Farmed	♥♥♥♥	

SEAFOOD PRODUCT		OMEGA-3s PER 3 OUNCE COOKED PORTION
Tuna, Canned (Light)	♥♥	200 to 500 milligrams
Tuna, Wild (Skipjack)	♥♥	
Pollock, Wild (Alaskan)	♥♥	
Rockfish, Wild (Pacific)	♥♥	
Clams, Wild & Farmed	♥♥	
Crab, Wild (King, Dungeness & Snow)	♥♥	
Lobster, Wild (Spiny)	♥♥	
Snapper, Wild	♥♥	
Grouper, Wild	♥♥	
Flounder/Sole, Wild	♥♥	
Halibut, Wild (Pacific & Atlantic)	♥♥	
Ocean Perch, Wild	♥♥	
Squid, Wild (Fried)	♥♥	
Fish Sticks (Breaded)	♥♥	

SEAFOOD PRODUCT		OMEGA-3s PER 3 OUNCE COOKED PORTION
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Scallops, Wild		< 200 milligrams
Shrimp, Wild & Farmed		
Lobster, Wild (Northern)		
Crab, Wild (Blue)		
Cod, Wild		
Haddock, Wild		
Tilapia, Farmed		
Catfish, Farmed		
Mahimahi, Wild		
Tuna, Wild (Yellowfin)		
Orange Roughy, Wild		
Surimi Product (Imitation Crab)		

Source: [USDA National Nutrient Database for Standard Reference \[2\]](#)



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Source URL:

<https://www.seafoodhealthfacts.org/seafood-nutrition/patients-and-consumers/omega-3-epadha-levels-common-fish-and-shellfish>

Links

- [1] <https://www.seafoodhealthfacts.org/seafood-nutrition/patients-and-consumers/omega-3-epadha-levels-common-fish-and-shellfish>
- [2] <http://www.nal.usda.gov/fnic/foodcomp/search/>