

## Choosing Your Fish

Remember to choose fish that are high in omega-3 and low in mercury.

### Omega-3 Content in Fish:

Type of fish	Total omega-3 content per serving*
Mackerel	2.6 (Canadian and Atlantic Mackerel only)
Trout, lake	2.0
Herring	1.7
Salmon	1.5
Sardines, canned	1.5
Sturgeon, Atlantic	1.5
Whitefish, lake	1.5
Anchovies	1.4
Bluefish	1.2
Bass, striped	0.8
Trout	0.6
Halibut, Pacific	0.5
Pollock	0.5
Sturgeon	0.4
Bass, freshwater	0.3
Catfish	0.3
Ocean perch	0.3
Flounder	0.2
Haddock	0.2
Snapper, red	0.2
Sole	0.1

\* 3.5 ounce serving, oil in grams

## Mercury in Fish

### High Mercury

Bluefish  
 Grouper  
 Mackerel (Spanish, Gulf)  
 Sea Bass (Chilean)  
 Tuna (canned albacore)  
 Tuna (yellowfin)

### Highest Mercury (Avoid eating these)

Mackerel (king)  
 Marlin  
 Orange roughy  
 Shark  
 Swordfish  
 Tilefish  
 Tuna (bigeye, ahi)