

# Fishing for Omegas

Shoot for one or two servings of seafood—especially fatty fish—per week, says the American Heart Association.

## Food

(4 oz. cooked,  
unless noted)

**EPA + DHA** (mg)

Atlantic salmon, farmed	2,430
Coho salmon, wild	1,200
Rainbow trout, wild	1,120
Sardines, canned (3 oz. drained)	1,010
Rainbow trout, farmed	990
Sockeye salmon, wild	970
Pink salmon, canned (3 oz. drained)	920
Mussels	890
White albacore tuna, canned in water (3 oz. drained)	730
Flounder or sole	340
Clams	320
Shrimp	310
Catfish, wild	270
Halibut	270
Chunk light tuna, canned in water (3 oz. drained)	230
Scallops	200
Atlantic cod	180
Haddock	180
Yellowfin tuna	140
Catfish, farmed	100
Pacific cod	90

Source: U.S. Department of Agriculture.