

| FISH/SHELLFISH* | OMEGA-3 TOTAL AMOUNT (EPA + DHA) IN 1 SERVING (APPROXIMATE) | SERVINGS/WEEK TO MEET TOTAL OMEGA-3 RECOMMENDED DAILY ALLOWANCE |
|--|---|---|
| Anchovy* | 1,165 mg | 2 |
| Catfish (farmed) | 250 mg | 7 |
| Catfish (wild) | 350 mg | 5 |
| Clams | 240 mg | 7 |
| Cod (Atlantic) | 285 mg | 7 |
| Cod (Pacific) | 435 mg | 4 |
| Crab (Alaskan king) | 350 mg | 5 |
| Fish sandwich (fast food) | 335 mg | 5 |
| Fish sticks (frozen) | 195 mg | 9 |
| Flounder/Sole | 500 mg | 4 |
| Halibut | 740 mg | 3 (high in mercury) |
| Haddock | 200 mg | 9 |
| Herring* (Atlantic or Pacific) | 1,710 mg | 3 |
| King mackerel | 620 mg | 3 (high in mercury) |
| Lobster | 70 mg | 25 |
| Mackerel (Atlantic)* | 1,060 mg | 2 |
| Mahimahi | 220 mg | 8 |
| Mussels | 665 mg | 3 |
| Oysters (Eastern, farmed, Pacific) | 585 mg | 3 |
| Pollock (Alaskan) | 280 mg | 7 |
| Salmon | 1,775 mg | 1 (high in vitamin D3) |
| Sardines* | 555 mg | 3 |
| Scallops | 310 mg | 6 |
| Shrimp | 265 mg | 7 |
| Shark | 585 mg | 3 (high in mercury) |
| Snapper* | 545 mg | 3 |
| Swordfish | 870 mg | 2 (high in mercury) |
| Tilapia | 100-150 mg | 20 |
| Tilefish or golden bass | 1,360 mg | 2 (high in mercury) |
| Trout* (rainbow, farmed, or wild) | 580-800 mg | 3 |
| Tuna (fresh) | 900 mg | 2 (moderate to high in mercury) |
| Tuna (light, skipjack) | 230 mg | 8 |
| Tuna (white, albacore) | 735 mg | 3 (high in mercury) |

*Fish in bold are moderate, practical, and generally safe to eat to get your recommended daily allowance of fish oil for heart health. It's okay to deviate several times a month, like eating halibut or regular tuna, because they are high in omega-3.