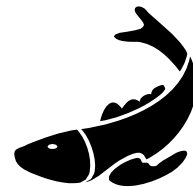




GO FISH

for Omega's



Many types of fish contain omega-3 fatty acids, which are essential compounds the body cannot make on its own and are believed to have many significant health benefits. There are two types of omega-3 fatty acids found in fish: EPA (eicosapentaeneic acid) and DHA (docosahexaenoic acid). The American Heart Association recommends eating two servings of fish, two times a week.

A serving is considered to be 3 ounces.

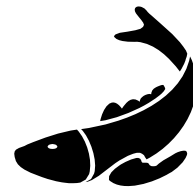
(The minimum healthy intake of omega-3 fatty acids per day in adults is considered to be 1.5 grams).

TYPE OF FISH (3 ounces-cooked)	Omega-3 Fatty Acids (EPA + DHA) (grams)
Salmon, Atlantic, farmed	1.8
Herring, kippered	1.8
Salmon, Atlantic, wild	1.6
Salmon, sock-eye (canned)	1.3
Tuna, Blue Fin	1.3
Herring, pickled	1.2
Salmon, coho, farmed	1.1
Oysters (steamed)	1.1
Trout, rainbow, farmed	1.0
Mackerel, Atlantic (canned)	1.0
Trout, rainbow, wild	0.8
Sardines	0.8
Swordfish	0.7
Tuna, white (canned)	0.7
Mussels	0.7
Sole	0.4
Pollack	0.4
Flounder or Sole	0.4
Whiting	0.4
Rockfish	0.4
Halibut	0.4
Crab, Blue (steamed)	0.4
Crab, Dungeness (steamed)	0.3
Scallops	0.3
Perch, Ocean	0.3
Shrimp (steamed)	0.3
Tuna, light (canned)	0.2
Catfish, wild	0.2
Cod, Pacific	0.2
Haddock	0.2
Clams (steamed)	0.2
Catfish, farmed	0.1
Cod, Atlantic	0.1
Crayfish (farmed)	0.1
Lobster (steamed)	0.1

Source: USDA; American Journal of Clinical Nutrition, 66:1029S, 1977; Nutrition Action Healthletter, June 1988



GO FISH



Not all seafood is tainted with mercury or PCBs. Know what you should reel in, and what to throw back.

ENJOY

(Up to two servings a week)

Clam
 Oysters
 Shrimp
 Tilapia
 Crawfish
 Haddock
 Trout (freshwater)
 Catfish
 Flatfish
 (including flounder & sole)
 Mackerel (Atlantic)
 Scallops
 Crab
 (blue, king, and snow)
 Pollack
 Shad (American)
 Tuna (canned chunk light)
 Lobster (spiny)
 Mackerel chub (Pacific)
 Cod*
 Skate
 Halibut
 Spanish mackerel
 (South Atlantic)
 Monkfish*
 Snapper*
 Weakfish (sea trout)
 Bass
 (saltwater; including sea & striped)
 Perch (freshwater)



Show Restraint

(One serving a week)

Lobster
 (northern/American)
 Tuna
 (canned white, albacore,
 fresh/frozen)
 Spanish mackerel
 (Gulf of Mexico)
 Marlin
 Orange roughy*
 Grouper*

(One to two servings a month)

Salmon (especially farmed) +
 Sardines+
 Herring+
 Bluefish+

AVOID

King mackerel
 (Atlantic & Gulf of
 Mexico)
 Shark*
 Swordfish*
 Tilefish (Gulf of
 Mexico)

KEY:

* Overfished

+ Contains PCBs or other pollutants



Source: Physicians for Social Responsibility

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