

Omega-3
as easy as

ABC



Learn more about Omega-3
and find out about the top 40
Omega-3 rich seafoods

SEAFISH
the authority on seafood

What is Omega-3?

Omega-3 is the name of a type of fat that is found in oil-rich fish. It comes from the family of 'good' fats that are not only beneficial for health but are essential in the diet. These fats cannot be made by the body, so a dietary supply is essential.

Why is Omega-3 good for you?

From healthy hearts to healthy minds, everyone can benefit from increasing their Omega-3 intake and thereby significantly reduce the chance of developing diseases such as cancer and heart disease. It can help young people perform well at sports and concentrate on their studies. It also satisfies hunger, and people who regularly eat oily fish tend to be healthier and slimmer. It is also associated with brain development, joint function and healthy skin.

Where do I find Omega-3?

For some time, seafood has been recognised as the best dietary source of Omega-3 oils. New research from Seafish, the authority on seafood, reveals that a greater range of seafoods contain high concentrations of Omega-3 oils than previously realised. To help you make the right choices, Seafish has produced an Omega-3 league table of more than 40 of the most Omega-3 rich seafoods.

Sustainability

Seafood is one of the world's most valuable natural resources. It is our responsibility to ensure that the seafood we eat comes from sustainable sources. When buying seafood look out for 'sustainably sourced' labels or ask your fishmonger.

Superior Source

| per 100g edible parts unless specified | Omega-3 (no of milligrams per 140g serving) |
|--|---|
| Herring cooked | 2,817 |
| Mackerel cooked | 2,804 |
| Sardines | 2,660 |
| Salmon Atlantic | 2,380 |
| Anchovy | 2,232 |
| Crab white meat & brown meat | 1,892 |
| Oysters Pacific | 1,804 |
| Salmon Pacific | 1,705 |
| Oysters native | 1,648 |

Excellent Source

| per 100g edible parts unless specified | Omega-3 (no of milligrams per 140g serving) |
|--|---|
| Hake | 1,218 |
| Mussels cooked | 956 |
| Squid prepared meat | 890 |
| Pollock Atlantic | 757 |
| Sea Bream | 728 |
| Shrimps brown, as eaten | 720 |
| Octopus | 718 |
| Sea Bass | 700 |
| Halibut | 651 |
| Sole cooked | 644 |
| Lobster | 580 |
| Prawns cold water | 546 |
| Scallops Queen (+roe) | 487 |
| Cockles cooked meat | 487 |
| Hoki or Blue Grenadier | 420 |
| Whelks | 352 |

Good Source

| per 100g edible parts unless specified | Omega-3 (no of milligrams per 140g serving) |
|--|---|
| Coley | 343 |
| Cod | 342 |
| Plaice cooked | 336 |
| Pollock Alaskan | 322 |
| Scampi tails | 302 |
| Haddock | 280 |
| Prawns warm water, cooked, farmed | 270 |
| Barramundi | 266 |
| Tuna | 223 |
| Scallops King (–roe) | 207 |
| Monkfish | 140 |
| Sole Lemon | 140 |



718

580

784



956

2804



1892



2660





"The beauty of fish and seafood is that you could eat a portion of it every day for a month without eating the same thing twice."

Professor Michael Crawford, Institute of Brain Chemistry and Human Nutrition, London

For more information visit the Seafish website
www.seafish.org/2aweek



Check out the **seafood2aweek** page on Facebook®

Facebook is a registered trademark of Facebook, Inc.