

**Table: The omega-3 fatty acid content, in grams per 100 g food serving, of a representative sample of commonly consumed fish, shellfish, and fish oils, and nuts and seeds, and plant oils that contain at least 5 g omega-3 fatty acids per 100 g**

(<http://www.nal.usda.gov/fnic/foodcomp>).

Food item	EPA	DHA	ALA
<b>Fish (Raw <sup>a</sup>)</b>			
Anchovy, European	0.6	0.9	-
Bass, Freshwater, Mixed Sp.	0.2	0.4	0.1
Bass, Striped	0.2	0.6	trace
Bluefish	0.2	0.5	-
Carp	0.2	0.1	0.3
Catfish, Channel	trace	0.2	0.1
Cod, Atlantic	trace	0.1	trace
Cod, Pacific	trace	0.1	trace
Eel, Mixed Sp.	trace	trace	0.4
Flounder & Sole Sp.	trace	0.1	trace
Grouper, Mixed Sp.	trace	0.2	trace
Haddock	trace	0.1	trace
Halibut, Atlantic and Pacific	trace	0.3	trace
Halibut, Greenland	0.5	0.4	trace
Herring, Atlantic	0.7	0.9	0.1
Herring, Pacific	1.0	0.7	trace
Mackerel, Atlantic	0.9	1.4	0.2
Mackerel, Pacific and Jack	0.6	0.9	trace
Mullet, Striped	0.2	0.1	trace
Ocean Perch, Atlantic	trace	0.2	trace
Pike, Northern	trace	trace	trace
Pike, Walleye	trace	0.2	trace
Pollock, Atlantic	trace	0.4	-
Pompano, Florida	0.2	0.4	-
Roughy, Orange	trace	-	trace
Salmon, Atlantic, Farmed	0.6	1.3	trace
Salmon, Atlantic, Wild	0.3	1.1	0.3
Salmon, Chinook	1.0	0.9	trace
Salmon, Chinook, Smoked <sup>b</sup>	0.2	0.3	-
Salmon, Chum	0.2	0.4	trace
Salmon, Coho, Farmed	0.4	0.8	trace
Salmon, Coho, Wild	0.4	0.7	0.2
Salmon, Pink	0.4	0.6	trace
Salmon, Pink, Canned <sup>c</sup>	0.9	0.8	trace
Salmon, Sockeye	0.6	0.7	trace
Sardine, Atlantic, Canned in Oil <sup>d</sup>	0.5	0.5	0.5
Seabass, Mixed Sp.	0.2	0.4	-
Seatrout, Mixed Sp.	0.2	0.2	trace
Shad, American	1.1	1.3	0.2
Shark, Mixed Sp.	0.3	0.5	trace
Snapper, Mixed Sp.	trace	0.3	trace

Swordfish	0.1	0.5	0.2
Trout, Mixed Sp.	0.2	0.5	0.2
Trout, Rainbow, Farmed	0.3	0.7	trace
Trout, Rainbow, Wild	0.2	0.4	0.1
Tuna, Fresh, Bluefin	0.3	0.9	-
Tuna, Fresh, Skipjack	trace	0.2	-
Tuna, Fresh, Yellowfin	trace	0.2	trace
Tuna, Light, Canned in Oil <sup>e</sup>	trace	0.1	trace
Tuna, Light, Canned in Water <sup>e</sup>	trace	0.2	trace
Tuna, White, Canned in Oil <sup>e</sup>	trace	0.2	0.2
Tuna, White, Canned in Water <sup>e</sup>	0.2	0.6	trace
Whitefish, Mixed Sp.	0.3	0.9	0.2
Whitefish, Mixed Sp., Smoked	trace	0.2	-
Wolffish, Atlantic	0.4	0.3	trace
<b><u>Shellfish (Raw)</u></b>			
Abalone, Mixed Sp.	trace	-	-
Clam, Mixed Sp.	trace	trace	trace
Crab, Blue	0.2	0.2	-
Crayfish, Mixed Sp., Farmed	trace	0.1	trace
Lobster, Northern	-	-	-
Mussel, Blue	0.2	0.3	trace
Oyster, Eastern, Farmed	0.2	0.2	trace
Oyster, Eastern, Wild	0.3	0.3	trace
Oyster, Pacific	0.4	0.3	trace
Scallop, Mixed Sp.	trace	0.1	-
Shrimp, Mixed Sp.	0.3	0.2	trace
Squid, Mixed Sp.	0.1	0.3	trace
<b><u>Fish Oils</u></b>			
Cod Liver Oil	6.9	11.0	0.9
Herring Oil	6.3	4.2	0.8
Menhaden Oil	13.2	8.6	1.5
Salmon Oil	13.0	18.2	1.1
Sardine Oil	10.1	10.7	1.3
<b><u>Nuts and Seeds</u></b>			
Butternuts, Dried	-	-	8.7
Flaxseed			18.1
Walnuts, English	-	-	9.1
<b><u>Plant Oils</u></b>			
Canola (Rapeseed)	-	-	9.3
Flaxseed Oil	-	-	53.3
Soybean Lecithin Oil	-	-	5.1
Soybean Oil	-	-	6.8
Walnut Oil	-	-	10.4
Wheatgerm Oil	-	-	6.9

trace = <0.1; - = 0 or no data; Sp. = species.

<sup>a</sup> Except as indicated.

<sup>b</sup> Lox.

<sup>c</sup> Solids with bone and liquid.

<sup>d</sup> Drained solids with bone.

<sup>e</sup> Drained solids.

Source: Wang C, Chung M, Lichtenstein A, Balk E, Kupelnick B, DeVine D, et al. Effects of omega-3 fatty acids on cardiovascular disease. Summary, Evidence Report/Technology Assessment No. 94 (prepared by the Tufts-New England Medical Center Evidence-based Practice Center, Boston, MA). AHRQ Publication NO. 04-E009-1. Rockville, MD: Agency for Healthcare Research and Quality; March 2004.  
<http://www.ahrq.gov/downloads/pub/evidence/pdf/o3cardio/o3cardio.pdf>