

# Omega-3 as easy as ABC



enjoy seafood  
2 a week

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)
<b>Herring</b> cooked	2,817
<b>Mackerel</b> cooked	2,804
<b>Sardines</b>	2,660
<b>Salmon</b> Atlantic	2,380
<b>Anchovy</b>	2,232
<b>Crab</b> white meat & brown meat	1,892
<b>Oysters</b> Pacific	1,804
<b>Salmon</b> Pacific	1,705
<b>Oysters</b> native	1,648

## Excellent Source

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

## Good Source

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



718



580



784

2804



956



1892



2660





720



890



472



1804



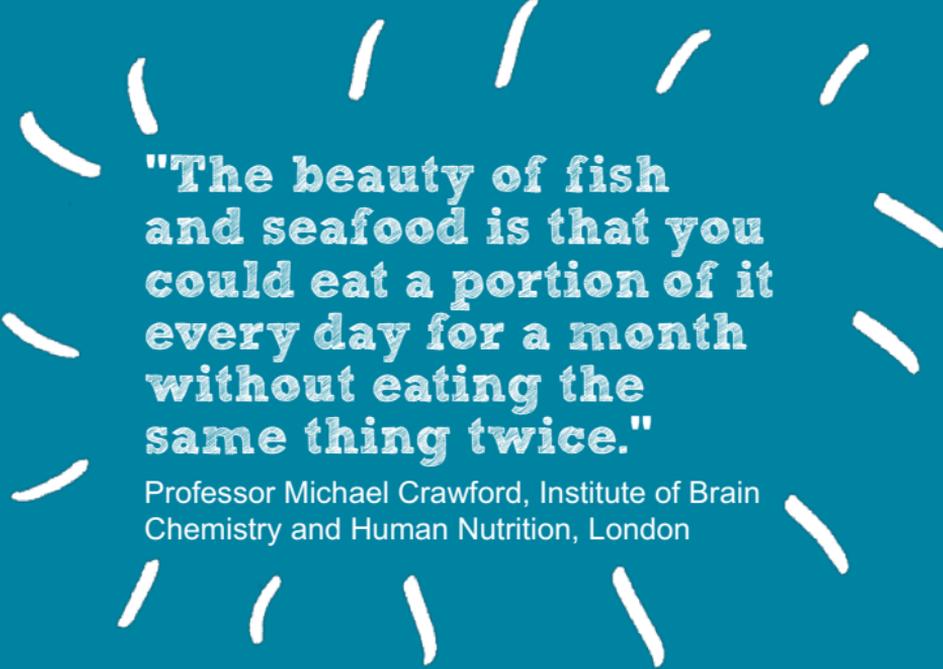
700



2817



2380



**"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\*\*](http://www.seafish.org/2aweek)



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