

TABLE 1

Approximate EPA Plus DHA Content in Fish and Amount of Fish Required to Provide 1 g of EPA plus DHA

<i>Type of fish</i>	<i>EPA plus DHA content, g per 3-oz serving of fish (edible portion)</i>	<i>Amount of fish (oz) required to provide approximately 1 g of EPA plus DHA per day*</i>
Catfish		
Farmed	0.15	20.0
Wild	0.20	15.0
Crab, Alaskan King	0.35	8.5
Flounder/sole	0.42	7.0
Haddock	0.20	15.0
Halibut	0.40 to 1.00	3.0 to 7.5
Herring		
Atlantic	1.71	2.0
Pacific	1.81	1.5
Mackerel	0.34 to 1.57	2.0 to 8.5
Salmon		
Atlantic, farmed	1.09 to 1.83	1.5 to 2.5
Atlantic, wild	0.90 to 1.56	2.0 to 3.5
Chinook	1.48	2.0
Sockeye	0.68	4.5
Sardines	0.98 to 1.70	2.0 to 3.0
Shrimp, mixed species	0.27	11.0
Tuna		
Fresh	0.24 to 1.28	2.5 to 12.0
White, canned in water, drained	0.73	4.0

EPA = eicosapentaenoic acid; DHA = docosahexaenoic acid.

*-The intakes of fish given are very rough estimates because oil content can vary markedly (more than 300 percent) with species, season, diet, and packaging and cooking methods.

