

Omega 3 Fats

The best, most complete omega 3 foods containing DHA, EPA and DPA are salmon, tuna, sardines, anchovies, herring and mackerel, but you need to watch the mercury as well. You can also get Omega 3's in walnuts, flaxseed and Omega 3 fortified eggs.

Top 10 Fish and Shellfish in the United States Based on Consumption – Omega-3 and Mercury Levels:

	Omega-3 fatty acids (grams per 3-oz. serving)	Mean mercury level in parts per million (ppm)
Canned tuna (light)	0.17–0.24	0.12
Shrimp	0.29	ND*
Pollock	0.45	0.06
Salmon (fresh, frozen)	1.1–1.9	0.01
Cod	0.15–0.24	0.11
Catfish	0.22–0.3	0.05
Clams	0.25	ND*
Flounder or sole	0.48	0.05
Crabs	0.27–0.40	0.06
Scallops	0.18–0.34	0.05

- ND – mercury concentration below the Level of Detection (LOD=0.01ppm)

Fish with the Highest Levels of Mercury (about 1 ppm):

	Omega-3 fatty acids (grams per 3-oz. serving)	Mean mercury level in parts per million (ppm)
Tilefish (golden bass or golden snapper)	0.90	1.45
Shark	0.83	0.99
Swordfish	0.97	0.97
King mackerel	0.36	0.73

Five of the most commonly eaten fish or shellfish that are low in mercury are shrimp, canned light tuna, salmon, pollock, and catfish. Avoid eating shark, swordfish, king Mackerel, or tilefish because they contain high levels of mercury.

How much should I eat?

<u>Goal</u>	<u>Recommendation</u>
General Health	Eat fish at least 2x per week
Previous Heart Attack/Existing Heart Disease	1 gram/day (fish or supplements)
High Blood Triglycerides	2-4 grams/day* (supplements)
Rheumatoid Arthritis (or auto-immune disorder)	3 grams/day (supplements)

General recommendations:

- 1) *Don't take more than 3 grams per day without monitoring/Dr supervision*
- 2) *Don't take Omega 3 supplements if you are taking Coumadin or other anti-coagulants, or have had a stroke*
- 3) *Semi-synthetic forms are identified as "esters" on the label, natural forms are identified as "triacylglycerols"*