



SEAFOOD AT ITS BEST

Recommendations for Seafood and EPA/DHA Consumption

Organization	Audience	Purpose of Recommendation	Recommendations		
			Type of Seafood	Serving Size	# of Servings
American Heart Association	Healthy adults (without documented coronary heart disease)	Reduce cardiovascular disease by dietary and lifestyle facts among the general population	All fish, particularly fatty fish (salmon, albacore tuna, mackerel, lake trout, herring, and sardines)	3 ounces cooked (or 4 ounces raw)	Two per week
American Heart Association	People with documented heart disease	Secondary prevention	EPA + DHA per day, preferably from fatty fish; supplements can be considered with physician consultation	1 gram EPA + DHA	Once per day
American Heart Association	People with elevated triglycerides	Lower triglycerides	EPA + DHA per day as a capsule with physician consultation	2-4 grams EPA + DHA	Once per day
Dietary Guidelines Advisory Committee	Unspecified	Provide sound and current dietary guidelines to consumers	Fish, especially salmon, trout, white (albacore or Bluefin) tuna, mackerel, or other fish that are high in EPA and DHA	4 ounces	Two per week
MyPlate	Americans	Help Americans make healthy food choices, given their sex, age, and activity level	Fish rich in omega-3 fatty acids, such as salmon, trout, and herring	Not specified	More often
National Cholesterol Education Program, National Heart, Lung, and Blood Institute	People with high LDL-cholesterol/those adopting therapeutic lifestyle changes (TLC)	Healthy lifestyle recommendation for a healthy heart	Fish, type unspecified	≤ 5 ounces	One per day
American Diabetes Association	Unspecified	Lower risk of diabetes, and protect your heart and blood vessels	Fish	Not specified	2-3 per week
World Health Organization	Unspecified	To protect against coronary heart disease and ischemic stroke	Fish, type unspecified	Equivalent to 200-500 mg of EPA + DHA	1-2 per week