



SEAFOOD AT ITS BEST

EPA AND DHA IN SEAFOOD

Species	Grams of EPA + DHA per 100 g (3.5 oz) raw portion	Ounces of seafood that provide 250-500 mg EPA + DHA/day		Number of servings (4 oz raw) per week to meet daily requirement of 250-500 mg/day EPA + DHA	
		250 mg/day	500 mg/day	250 mg/day	500 mg/day
Mackerel, Atlantic	2.3	0.4	0.8	0.67	1.34
Atlantic Salmon, farmed	1.9	0.5	1.0	0.81	1.63
Herring, Pacific	1.8	0.5	1.0	0.86	1.72
Salmon, Pink, canned	1.7	0.5	1.0	0.91	1.81
Atlantic Salmon, wild	1.4	0.6	1.3	1.10	2.20
Tuna, Fresh, Bluefin	1.2	0.7	1.5	1.29	2.57
Rainbow Trout, farmed	1.0	0.9	1.8	1.55	3.10
Sardine, Atlantic, canned in oil	1.0	0.9	1.8	1.55	3.10
Tuna, White, canned in water	0.8	1.1	2.2	1.92	3.85
Rainbow Trout, wild	0.6	1.5	2.9	2.57	5.15
Shrimp, Mixed species	0.5	1.8	3.5	3.07	6.14
Crab, Blue	0.4	2.2	4.4	3.89	7.78
Channel Catfish, farmed	0.2	4.4	8.8	7.61	15.22
Tilapia, farmed	0.12	7.3	14.7	12.5	25
Cod, Atlantic & Pacific	0.1	8.8	17.6	15.91	31.82

A daily intake of 496 mg of EPA+DHA is equivalent to about 3.5 g per week. This is approximately equivalent to the amount of EPA+DHA in two 4-ounce raw servings of high omega-3 fish per week, based on an average EPA+DHA content of 1.9 g per 4-ounce raw portion (USDA data: <http://www.nal.usda.gov/fnic/foodcomp/search/>). These data provide the rationale for the recommended two servings (4 oz. raw or 3 oz. cooked) of high omega-3 fish per week.

Source: USDA: Department of Health and Human Services. Dietary Guidelines for Americans, 2010; www.dietaryguidelines2010.gov; p.85.

Median adult daily intake of EPA+DHA ranges from 56 to 100 mg. IOM (Institutes of Medicine). *Dietary Reference Intakes: Energy, Carbohydrates, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids*. National Academy Press, Washington, DC, 2002.