

Omega-3 fatty acids content in fish and seafood per 100-gram portion

ALA = alpha linolenic acid (18:3n3), EPA = eicosapentaenoic acid (20:5n3), DHA = docosahexaenoic acid (22:6n3), Tr = Trace amount

	ALA (g)	EPA (g)	DHA (g)	Total
Finfish				
Anchovy, European		0.5	0.9	1.4
Bass, freshwater	Tr	0.1	0.2	0.3
Bass, striped	Tr	0.2	0.6	0.8
Bluefish		0.4	0.8	1.2
Burbot	--	0.1	0.1	0.2
Capelin	0.1	0.6	0.5	1.2
Carp	0.3	0.2	0.1	0.6
Catfish, brown bullhead	0.1	0.2	0.2	0.5
Catfish, channel	Tr	0.1	0.2	0.3
Cisco	0.1	0.1	0.3	0.5
Cod, Atlantic	Tr	0.1	0.2	0.3
Cod, Pacific	Tr	0.1	0.1	0.2
Croaker, Atlantic	Tr	0.1	0.1	0.2
Dogfish, spiny	0.1	0.7	1.2	2.0
Dolphinfish	Tr	Tr	0.1	0.1
Drum, black	Tr	0.1	0.1	0.2
Drum, freshwater	0.1	0.2	0.3	0.6
Eel, European	0.7	0.1	0.1	0.9
Flounder, unspecified	Tr	0.1	0.1	0.2
Flounder, yellowtail	Tr	0.1	0.1	0.2
Grouper, jewfish	Tr	Tr	0.3	0.3
Grouper, red	--	Tr	0.2	0.2
Haddock	Tr	0.1	0.1	0.2
Hake, Atlantic	Tr	Tr	Tr	0.0
Hake, Pacific	Tr	0.2	0.2	0.4
Hake, red	--	0.1	0.1	0.2
Hake, silver	0.1	0.2	0.3	0.6
Hake, unspecified	--	0.1	0.4	0.5
Halibut, Greenland	Tr	0.5	0.4	0.9
Halibut, Pacific	0.1	0.1	0.3	0.5
Herring, Atlantic	0.1	0.7	0.9	1.7
Herring, Pacific	0.1	1.0	0.7	1.8
Herring, round	0.1	0.4	0.8	1.3
Mackerel, Atlantic	0.1	0.9	1.6	2.6
Mackerel, chub	0.3	0.9	1.0	2.2
Mackerel, horse	Tr	0.3	0.3	0.6
Mackerel, Japanese horse	0.1	0.5	1.3	1.9
Mackerel, king	--	1.0	1.2	2.2
Mullet, striped	0.1	0.3	0.2	0.6
Mullet, unspecified	Tr	0.5	0.6	1.1
Ocean perch	Tr	0.1	0.1	0.2
Perch, white	0.1	0.2	0.1	0.4
Perch, yellow	Tr	0.1	0.2	0.3

Pike, northern	Tr	Tr	0.1	0.1
Pike, walleye	Tr	0.1	0.2	0.3
Plaice, European	Tr	0.1	0.1	0.2
Pollock	--	0.1	0.4	0.5
Pompano, Florida	--	0.2	0.4	0.6
Ratfish	Tr	Tr	0.1	0.1
Rockfish, brown	Tr	0.3	0.4	0.7
Rockfish, canary	Tr	0.2	0.3	0.5
Rockfish, unspecified	Tr	0.2	0.3	0.5
Sablefish	0.1	0.7	0.7	1.5
Salmon, Atlantic	0.2	0.3	0.9	1.4
Salmon, Chinook	0.1	0.8	0.6	1.5
Salmon, chum	0.1	0.4	0.6	1.1
Salmon, coho	0.2	0.3	0.5	1.0
Salmon, pink	Tr	0.4	0.6	1.0
Salmon, sockeye	0.1	0.5	0.7	1.3
Saury	0.1	0.5	0.8	1.4
Scad, Muroaji	0.1	0.5	1.5	2.1
Scad, other	--	Tr	Tr	0.0
Sea bass, Japanese	Tr	0.1	0.3	0.4
Seatrout, sand	Tr	0.1	0.2	0.3
Seatrout, spotted	Tr	0.1	0.1	0.2
Shark, unspecified	--	Tr	0.5	0.5
Sheepshead	Tr	0.1	0.1	0.2
Smelt, pond	--	0.1	0.2	0.3
Smelt, rainbow	0.1	0.3	0.4	0.8
Smelt, sweet	0.3	0.2	0.1	0.6
Snapper, red	Tr	Tr	0.2	0.2
Sole, European	Tr	Tr	0.1	0.1
Sprat	--	0.5	0.8	1.3
Sturgeon, Atlantic	Tr	1.0	0.5	1.5
Sturgeon, common	0.1	0.2	0.1	0.4
Sunfish, pumpkinseed	Tr	Tr	0.1	0.1
Swordfish	--	0.1	0.1	0.2
Trout, arctic char	Tr	0.1	0.5	0.6
Trout, brook	0.2	0.2	0.2	0.6
Trout, lake	0.4	0.5	1.1	2.0
Trout, rainbow	0.1	0.1	0.4	0.6
Tuna, albacore	0.2	0.3	1.0	1.5
Tuna, bluefin	--	0.4	1.2	1.6
Tuna, skipjack		0.1	0.3	0.4
Tuna, unspecified	--	0.1	0.4	0.5
Whitefish, lake	0.2	0.3	1.0	1.5
Whiting, European	Tr	Tr	0.1	0.1
Wolffish, Atlantic	Tr	0.3	0.3	0.6
Crustaceans				
Crab, Alaska king	Tr	0.2	0.1	0.3
Crab, blue	Tr	0.2	0.2	0.4
Crab, Dungeness	--	0.2	0.1	0.3
Crab, queen	Tr	0.2	0.1	0.3

Crayfish, unspecified	Tr	0.1	Tr	0.1
Lobster, European		0.1	0.1	0.2
Lobster, northern		0.1	0.1	0.2
Shrimp, Atlantic brown	Tr	0.2	0.1	0.3
Shrimp, Atlantic white	Tr	0.2	0.2	0.4
Shrimp, Japanese	Tr	0.3	0.2	0.5
Shrimp, northern	Tr	0.3	0.2	0.5
Shrimp, other	Tr	0.1	0.1	0.2
Shrimp, unspecified	Tr	0.2	0.1	0.3
Spiny lobster, Caribbean	Tr	0.2	0.1	0.3
Spiny lobster, southern rock	Tr	0.2	0.1	0.3
Mollusks				
Abalone, New Zealand	Tr	Tr	-	0.0
Abalone, South African	Tr	Tr	Tr	0.0
Clam, hardshell	Tr	Tr	Tr	0.0
Clam, hen	--	Tr	Tr	0.0
Clam, littleneck	Tr	Tr	Tr	0.0
Clam, Japanese hardshell	--	0.1	0.1	0.2
Clam, softshell	Tr	0.2	0.2	0.4
Clam, surf	Tr	0.1	0.1	0.2
Conch, unspecified	Tr	0.6	0.4	1.0
Cuttlefish, unspecified	Tr	Tr	Tr	0.0
Mussel, blue	Tr	0.2	0.3	0.5
Mussel, Mediterranean	--	0.1	0.1	0.2
Octopus, common	--	0.1	0.1	0.2
Oyster, eastern	Tr	0.2	0.2	0.4
Oyster, European	0.1	0.3	0.2	0.6
Oyster, Pacific	Tr	0.4	0.2	0.6
Periwinkle, common	0.2	0.5	Tr	0.7
Scallop, Atlantic deep sea	Tr	0.1	0.1	0.2
Scallop, calico	Tr	0.1	0.1	0.2
Scallop, unspecified	Tr	0.1	0.1	0.2
Squid, Atlantic	Tr	0.1	0.3	0.4
Squid, short-finned	Tr	0.2	0.4	0.6
Squid, unspecified	Tr	0.1	0.2	0.3
Fish Oils				
Cod liver oil	0.7	9.0	9.5	19.2
Herring oil	0.6	7.1	4.3	12.0
Menhaden oil	1.1	12.7	7.9	21.7
MaxEPAT, concentrated	0	17.8	11.6	29.4
Salmon oil	1	8.8	11.1	20.9

Source: Exler J, Wehrauch JL. Provisional table on the content of omega-3 fatty acids and other fat components in selected foods. U.S.D.A., Human Nutrition Information Service, HNS/PT-103, 1988.