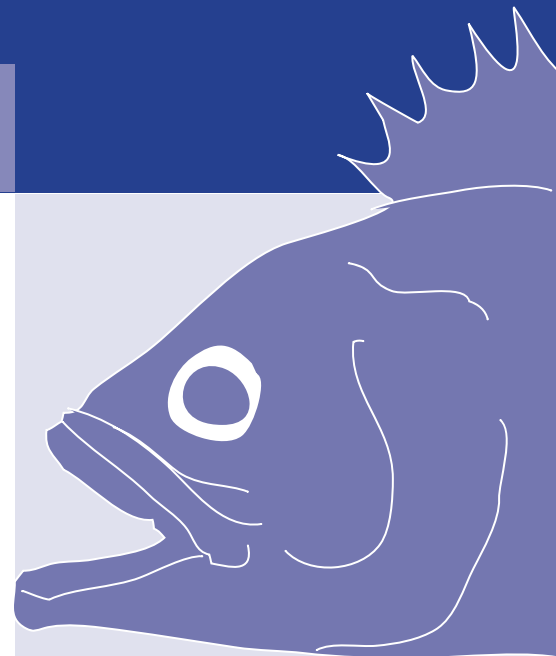


OMEGA-3



3 oz./84 g cooked edible serving*	Total Omega 3s mg*
Catfish	220
Clams	340
Cod	240
Crab Blue	470
Dungeness	345
Imitation (Surimi)	535
Snow	420
Crayfish	155
Flounder	480
Grouper	220
Haddock	230
Halibut	570
Herring	2,055
Lobster	455
Mackerel	1,760
Mahi-Mahi	135
Mullet	360
Mussels	735
Ocean Perch	405
Octopus	280
Orange Roughy	5
Oysters	1,260
Pollock	485
Rainbow Trout	1050
Redfish	405
Rockfish	435
Salmon Atlantic	1,920
Chinook	1,820
Chum	810
Coho	950
Pink	1,235
Sockeye	1,210
Scallops	310
Sea Bass	730
Shrimp	295
Shark	585
Snapper	435
Sole	480
Squid	550
Swordfish	900
Tuna Bluefin	1,415
Yellowfin	265
Whiting	465



Omega-3s
are essential
polyunsaturated fats
found in fish and
shellfish.

