

these fish

all have **DHA**
and are **low in mercury**



ONE 6-ounce serving
of these fish each
week will give you the
recommended weekly
amount of DHA:

- salmon (farm raised, wild caught, or canned)
- whitefish/walleye
- herring
- anchovies (canned)
- trout (farm raised)



TWO 6-ounce servings
(12 ounces total) of
these fish each week
will give you the
recommended weekly
amount of DHA:

- atlantic mackerel
- sardines (canned)
- trout (wild caught)
- mussels
- pollock
- salt cod/bacalao



THREE 6-ounce servings
(18 ounces total) of
these fish each week
will give you the
recommended weekly
amount of DHA:

- squid/calamari
- ocean perch
- flatfish
- flounder
- sole

These fish have
less DHA, but
they are still
a good source
of protein and
other nutrients:

- whiting
- scallops
- octopus
- haddock
- cod
- clams
- shrimp
- tilapia
- catfish
- eel
- crayfish
- crab
(includes
imitation
crab)

If you eat tuna, choose chunk light tuna.