

## Omega 3 content of fish

Species	Omega 3 mg/3 oz	oz for 1 g
<b>Tuna</b>		
Light, canned in water, drained	0.260	12
White, canned in water, drained	0.730	4
Fresh	0.240 – 1.280	2.5–12
<b>Sardines</b>	0.980 – 1.700	2–3
<b>Salmon</b>		
Chum	0.680	4.5
Sockeye	1.050	2.5
Pink	1.090	2.5
Chinook	1.480	2
Atlantic, farmed	1.090 – 1.830	1.5–2.5
Atlantic, wild	0.900 – 1.560	2–3.5
<b>Mackerel</b>	0.340 – 1.570	2–8.5
<b>Herring</b>		
Pacific	1.810	1.5
Atlantic	1.710	2
<b>Trout, rainbow</b>		
Farmed	0.980	3
Wild	0.840	3.5
<b>Halibut</b>	0.400 – 1.000	3–7.5
<b>Cod</b>		
Pacific	0.240	12.5
Atlantic	0.130	23
<b>Haddock</b>	0.200	15
<b>Flounder/Sole</b>	0.420	7
<b>Oils</b>		
	<b>g/g Oil</b>	<b>g required for 1 g</b>
Capsules	0.190	5
Cod liver oil*	0.300	3
Standard fish body oil	0.500	2
Omega-3 fatty acid concentrate	0.850	1

### Mcg Mercury per oz of fish

SPECIES	MEAN	MEDIAN	STDEV	MIN	MAX	# SAMPLES	
ANCHOVIES	1.2			0.0	9.7	40	L
STRIPED, SEA, ROCKFISH )	6.2	3.7	6.4	0.0	27.3	47	
BASS CHILEAN	11.0	8.6	10.3	2.4	61.9	40	
BLUEFISH	9.6	8.6	3.6	3.9	18.0	52	
BUFFALOFISH	5.4	4.0		1.4	12.2	4	
BUTTERFISH	1.6			0.0	10.2	89	L
CARP	4.0	4.0		0.3	7.7	2	
COD	2.7	2.5	2.3	0.0	11.9	39	L
CROAKER ATLANTIC (Atlantic)	2.0	2.1	1.0	0.4	4.2	35	L
CROAKER WHITE (Pacific)	8.2	8.0	2.0	5.1	11.6	15	
FLATFISH (Flounder, Plaice, Sole)	1.3	1.0	1.4	0.0	5.1	23	L
GROUPER (ALL SPECIES)	13.2	11.6	8.3	1.5	34.2	43	L
HADDOCK (Atlantic)	0.9	1.2	0.6	0.0	1.2	4	
HALIBUT	7.2	5.7	6.6	0.0	43.2	46	L
HERRING	1.3			0.0	3.8	38	
JACKSMELT	3.1	1.7	3.3	1.1	14.2	16	L
MACKEREL ATLANTIC (N.Atlantic)	1.4			0.6	4.5	80	L
MACKEREL CHUB (Pacific)	2.5			0.9	5.4	30	L
MACKEREL KING	20.7			6.5	47.4	213	H
MACKEREL SPANISH (Gulf of Mexico)	12.9			2.0	44.3	66	
MACKEREL SPANISH (S. Atlantic)	5.2			1.4	20.7	43	
MULLET	1.3			0.0	3.7	191	L
ORANGE ROUGHY	15.7	16.0	4.2	8.4	24.3	49	
PERCH (Freshwater)	4.0	4.3		0.0	8.8	5	
PERCH OCEAN *	0.0	0.0	0.0	0.0	0.9	6	L
POLLOCK	1.2	0.0	3.0	0.0	22.2	62	L
SABLEFISH	6.3			0.0	19.9	102	L
SALMON (CANNED) *	0.0	0.0	0.0	0.0	0.0	23	L
SALMON (FRESH/FROZEN) *	0.4	0.0	1.2	0.0	5.4	34	
SARDINE	0.5	0.4	0.2	0.1	1.0	29	L
SCORPIONFISH	8.1			0.6	38.2	78	
SHAD AMERICAN	1.8			0.0	6.3	59	L
SHEEPSHEAD	3.6			0.6	17.8	59	
SNAPPER	5.4	3.2	7.8	0.0	38.8	43	
TILAPIA *	0.3	0.0	0.7	0.0	2.0	9	L
TILEFISH (Atlantic)	4.1	2.8	3.5	1.2	15.1	32	
TILEFISH (Gulf of Mexico)	41.2			18.5	106.0	60	H
TROUT (FRESHWATER)	2.0	0.7	4.1	0.0	19.3	34	L
TUNA (CANNED, ALBACORE)	10.0	9.6	3.6	0.0	24.2	399	
TUNA (CANNED, LIGHT)	3.4	2.1	3.4	0.0	24.2	347	L
TUNA (FRESH/FROZEN, ALBACORE)	10.1	10.1	4.3	0.0	23.3	26	
TUNA (FRESH/FROZEN, BIGEYE)	18.2	15.9	5.2	11.6	29.5	13	
TUNA (FRESH/FROZEN, SKIPJACK)	5.8		2.2	5.8	7.4	2	

### Mcg Mercury per oz of fish

SPECIES	MEAN	MEDIAN	STDEV	MIN	MAX	# SAMPLES	
TUNA (FRESH/FROZEN, Species Unknown)	11.8	9.6	9.0	0.0	36.9	100	
TUNA (FRESH/FROZEN, YELLOWFIN)	9.2	7.7	6.3	0.0	30.7	87	
TUNA(FRESH/FROZEN, ALL)	10.9	9.1	7.6	0.0	36.9	228	
WEAKFISH (SEA TROUT)	7.3	4.8	6.4	0.0	21.1	39	
WHITEFISH	2.0	1.5	1.9	0.0	8.8	28	L
WHITING	0.0	0.0		0.0	0.0	2	L

<http://www.cfsan.fda.gov/~frf/sea-mehg.html>

Source of data: FDA 1990-2004, "National Marine Fisheries Service Survey of Trace Elements in the Fishery Resource" Report 1978,

"The Occurrence of Mercury in the Fishery Resources of the Gulf of Mexico" Report 2000

Mercury was measured as Total Mercury except for species (\*) when only Methylmercury was analyzed.

ND - mercury concentration below detection level (Level of Detection (LOD)=0.01ppm)

## Atlantic vs Pacific

### MCG of Mercury for 1 OZ of fish

Species	FDA AVG	Atlantic	Pacific
Anchovies	1.2	0.0	1.2
Cod	3.1	1.8	3.4
Flounder	1.5	2.5	2.2
Halibut	7.7	7.7	8.6
Herring	1.2	1.2	4.3
Mackerel	4.6	6.8	2.8
Perch (ocean)	0.0	2.5	2.5
Pollock	1.8	0.6	1.8
Salmon (fresh)	0.3	4.0	1.2
Salmon (canned)	1.5	0.0	1.2
Snapper	5.8	8.6	7.7
Tilefish	44.6	44.6	0
Tuna (fresh/frozen)	11.7	8.6	7.4
Tuna/albacore (all forms)	0 - 13.3	14.5	5.2
Tuna/yellowfin (all forms)	0 - 23.3	9.5	1.8

**Allowed MCG per day (0.1 mcg per kg of Body weight)**

<b>Weight of person</b>		<b>Allowed MCG Per day</b>
<b>Pounds</b>	<b>KG</b>	<b>MCG</b>
110	50	5
132	60	6
154	70	7
176	80	8
198	90	9
220	100	10
242	110	11
264	120	12
286	130	13
308	140	14