

USDA Food Composition: Estimated EPA and DHA for Select Fish and Shellfish

Fish and Shellfish (cooked)	EPA and DHA (mg) per 4 oz (113 g) serving
Anchovy (canned in oil)	2330
Herring (Atlantic & Pacific)	2280-2440
Mackerel (Pacific & Jack)	2100
Salmon (Chinook & Atlantic)	1970-2440
Tuna (Bluefin)	1710
Oyster (Pacific)	1560
Mackerel (Atlantic & Spanish)	1360-1410
Salmon (Coho)	1200-1560
Sardine (Atlantic, canned)	1110
Salmon (Pink and Sockeye, canned)	1080-1290
Trout (Rainbow)	990-1120
Tuna (White, canned in water)	980
Salmon (Chum & Sockeye)	910-970
Salmon (Pink)	700
Lobster (Spiny)	540
Oyster (Eastern)	500-710
Crab (Dungeness, Alaska King, & Queen)	450-540
Pollock (Alaska & Atlantic)	380-620
Tuna (Skipjack)	370
Clam	320
Tuna (White, canned in oil)	280
Shrimp	260-310
Lobster (Northern)	220
Crab (Blue)	190
Mahimahi	160
Tuna (Light, canned in oil or water)	150-310
Tilapia	150
Tuna (Yellowfin)	140
Catfish (Channel)	100-390
Cod (Pacific & Atlantic)	90-180

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USDA Food Composition Database



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