

# Which Fish Give You More Omega-3s?

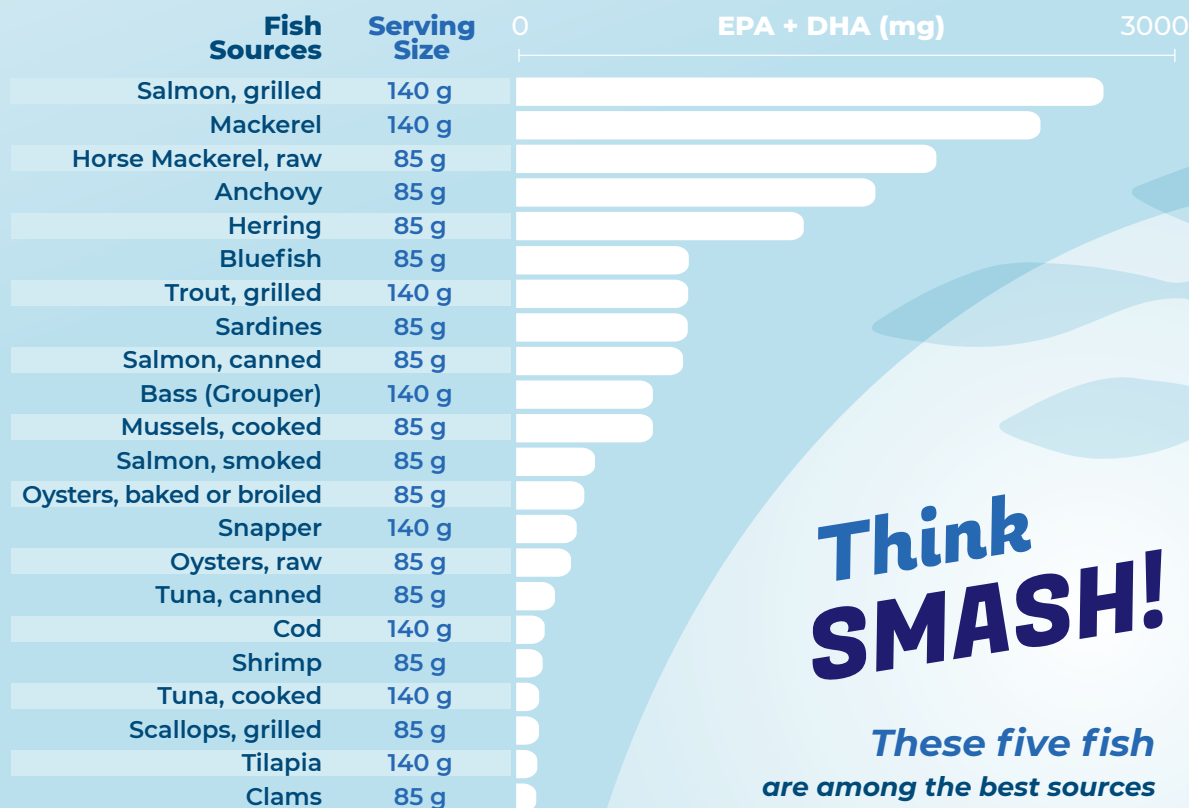


## Eating fish is important for a healthy diet

Seafood is a good source of the protein, healthy fats, vitamins and minerals you need for overall health. Plus, fish is among the only food sources of **EPA and DHA omega-3s** – fatty acids that are critical for a healthy heart, brain, eyes, and prenatal health.

When it comes to EPA & DHA omega-3s...

## Some fish sources are better than others



140 g = 1 fillet  
85 g = 3 oz

**Think SMASH!**

*These five fish are among the best sources of EPA and DHA omega-3s.*

**S**almon  
**M**ackerel  
**A**nchovies  
**S**ardines  
**H**erring