



Fish Sources of N-3 Fats

High: Herring^{GFF, di-ox, pcb}, sturgeon, capelin, salmon^{di-ox, pcb}, dog fish, scad (horse mackerel), sable fish, white fish, blue fish, anchovy*, lake trout, mackerel^{Cd, GFF}, tuna^{Hg, ES} (longfin, bluefin, big eye, skipjack, yellow fin), sardine*, ½ mackerel + ½ tuna (frigate mackerel), bullet tuna, bonito, kawakawa.

* these fish are lower down food chain + should contain lower level of pollutants or have a lower risk of contamination.

Medium: Sea Bass^{ES} (some), pollack^{GFF}, rainbow trout, carp, eel, rock fish, halibut^{ES}, shark^{ES}, pompano, hake^{ES} (South African isn't), smelt, oyster^{*GFF}.

Low: Cod^{ES}, snapper^{ES}, lobster*^{GFF}, squid/calamaris, flounder^{GFF}, sole^{GFF}, crab*^{GFF} (brown), hoki^{high DHA, MCS}, daddock^{ES}, sword fish^{Hg, ES}, clam*^{GFF}, Ling^{ES}, pike, catfish^{GFF}, scallop*^{GFF}, skate and ray^{ES}.

Others: Mahi mahi and dolphin fish, lampuka (Hawaii, US and Malta), marlin^{Hg, ES}, grey mullet, sail fish, red mullet^{GFF}, greater amberjack, barracuda, Japanese yellowtail, snoek (South African), sea urchin, sea lamprey, perch, orange roughly^{ES} (NZ fish living 125yrs, laxative effect when eaten).

ES = Endangered Species; GFF = In MCS (Marine Conservation Society) Good Fish Guide; MSC = Marine Stewardship Council — blue product label for environmentally responsible fisheries management; di-ox and pcb = FSA reports high levels of these carcinogenic pollutants (dioxins and PCBs); Hg = May contain dangerous levels of methylmercury (FSA/Food Standards Agency Research); Cd = Source of heavy metal cadmium (antagonizes zinc) in some fish batches tested by Scottish Fisheries Authority.

* Crustaceans (FSA "Thai crustaceans can contain nitrofurans, a carcinogenic anti-biotic")

** In descending content order 20 - 11g omega 3 per 100g: salmon, herring; 2.5 - 1.4g: mackerel, dogfish, trout, bluefin tuna, sturgeon, sablefish, anchovy; 1.3 - 0.8g: albacore tuna, sole, sprat, mullet, halibut, bass; 0.7 - 0.2g: rockfish, swordfish, wolfish, hake, rainbow trout, oyster, prawn/shrimp, mussel, carp, eel.

Where to buy? — Eddie's Seafood Market 7, Roseneath Place EDINBURGH, (0131) 229 4207 or Clark Bro's MUSSELBURGH, (0131) 665 6181.

References:

Felix, Clara (1998) All About Omega-3 Oils (Avery's FAQ Series), New York, Avery Publishing Group (1st ed.).

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