

Which Fish Give You More Omega-3s?

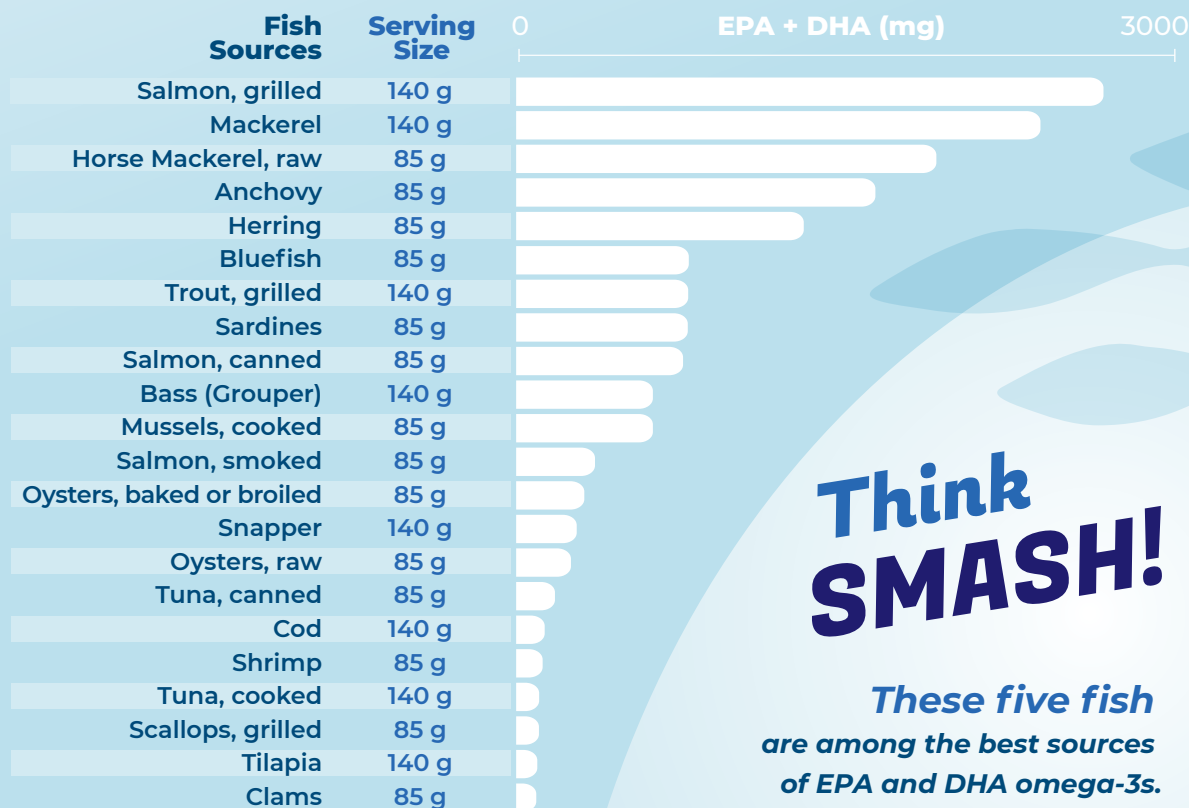


Eating fish is important for a healthy diet

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

Learn more at AlwaysOmega3s.com

Think
SMASH!

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

Salmon
Mackerel
Anchovies
Sardines
Herring

 **Omega-3s**
Always a good idea™