



Council on Aging

November 2015

# HEALTHY FISH

## Did you know?

- ♥ There are over 3,000 types of fish
- ♥ Oily fish like tuna and salmon are good sources of Omega-3
- Why is Omega-3 important? It has been shown to help treat depression and help your heart
- ♥ Fatty fish such as salmon can be a good source of Vitamin D. Vitamin D is important because it helps to process calcium and has been shown to lower depression.
- ♥ Foods high in Omega-3: flaxseed oil, flaxseed, chia seeds, Halibut, Herring, Mackerel, Oysters, Salmon, Sardines, Trout, Tuna (fresh) flax seed, walnuts
- ♥ Eating two 4-ounce servings of seafood per week can reduce your risk of heart disease and related deaths.
- ♥ Omega-3 may help to lower your high blood triglycerides (fat in the blood levels)

## 11 Best Fish That are high in Omega-3 & are Environmentally Friendly

- Wild Salmon From Alaska- Fresh, frozen, or canned.
  - Farmed Arctic Char.
- Atlantic Mackerel- wild-caught. Avoid or limit the Spanish and king varieties because they contain mercury.
  - Sardines from the Pacific are great because they are small and do not contain mercury.
- Sablefish/Black Cod- try to choose caught off the Alaska and British Columbia because these have a lower likelihood of catching other fish and killing them.
- Anchovies- all species are good. Low risk of overfishing and they are small enough to not have contamination.
- Oysters- look for farmed. They are good because they have a low impact on the environment.
- Rainbow Trout- avoid lake trout because it is overfished. Rather, look for farmed rainbow, or golden trout.
- Chunk light Tuna- make sure that it is caught from the United States or Canadian fisheries. Other areas accidentally snag other species like turtles and dolphins, killing them. Albacore tends to have more mercury.
- Mussels- choose farmed mussels which are raised in an environmentally responsible manner.
  - **Pacific Halibut is another great option.**