

COLD WATER FISH

Cold water fish are one of the best dietary sources of Omega-3 fatty acids. And Omega-3 fatty acids are known to lower triglycerides, ease joint pain and stiffness, relieve symptoms of depression and reduce inflammation.

Anchovies

Bluefish

Cod

Flounder

Haddock

Herring

Kippers

Atlantic Mackerel

Mahi-Mahi

Pollack

Sardines *(low mercury levels)*

Shad

Sturgeon

Trout *(lake)*

Tuna *(canned light tuna is lower in mercury)*

Whitefish

Wild Salmon / Canned *(considered safest because of low mercury)*

TIPS

- **Choose Saltwater Fish**- Saltwater fish are higher omega-3s than freshwater varieties. Saltwater fish tend to live in deeper, colder water that makes it necessary for them to produce additional omega-3 fatty acids as insulation.
- **Pick Wild-Caught Fish**
- **Avoid Fish with High Mercury Levels**- The dangers of consuming too much mercury are much worse than the potential benefits of consuming more omega-3s. Avoid eating too much swordfish, shark and tilefish from the Gulf of Mexico that can be high in mercury.

