

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.