

The best fish choices for your health



There is a big concern with mercury toxicity and fish. So here is a list of the not so healthy fish and which fish is the best to eat that is loaded with Omega 3's without the high mercury content that has been linked to many neurological conditions including Alzheimer's. It's best to limit fish intake to no more than 1,000 parts per billion of mercury per week and 12 ounces a week is advisable for Omega content of 250-500 mg per week and higher dosage for those suffering from depression, anxiety, cancer or heart disease.

Some of the worst fish according to the above guidelines are:

Fish	Protein/g	Fat/g	Calories	Omega3/mg	Mercury Levels (ppb)
Swordfish	16.7	5.7	122	641	893
Tile Fish	14.9	1.96	82	365	883
Shark	17.8	3.8	110	717	882
Grouper	16.5	0.9	78	210	417
Yellow Fin tuna	20.7	0.4	93	85	270
Tilapia	17	1.4	81	77	19
Farmed Catfish	14	5	101	62	12

The Top choices per 3 ounce serving:

Fish	Protein/g	Fat/g	Calories	*Omega3 /mg	Mercury Levels (ppb)
1. Atlantic Mackerel	15.8	11.8	174	1954	45
2. European Anchovy	17.3	4.11	111	1231	103
3. Canned Sardines In Oil	21	9.7	177	835	79
4. Sockeye Salmon	18.9	4	111	613	39
5. Pink Salmon	17.4	3.5	108	438	37
6. Pacific & Atlantic Halibut	37.9	2.7	186	396	261
7. Spiny Lobster	17.5	1.3	95	317	100
8. Flounder & Sole	10.6	1.6	60	208	115

Sources: WebMd, EatThisNotThat, FDA