

Tips to include marine-sourced omega-3s in your diet



The Heart Foundation recommends all Australians should aim to include 2–3 serves of fish (including oily fish) per week as part of a heart healthy diet.

Marine-sourced omega-3s, known as EPA and DHA, are found in fish (including oily fish). You can achieve the recommended goal of 250–500 milligrams (mg) of omega-3 per day by eating 2–3 serves of fish per week.*

Option 1 – Three serves per week
You can average 500 mg per day with this option.

Serving tips

Salmon – add to pasta and a tomato-based sauce.

Fish†	Serving size (g)	EPA and DHA (mg)
Canned, salmon in water	95	1,300
Canned, tuna (choose varieties in springwater instead of brine)	95	710
Fresh, silver perch	150	1,553
Total for the week		3,563

Serving tips

Tuna – add canned tuna to a mixed salad for a quick, healthy lunch or to 1 cup of cooked penne pasta and your favourite veggies for a quick supper or pasta salad.

Option 2 – Two serves per week You can average 400 mg per day with this option.

Fish [†]	Serving size (g)	EPA and DHA (mg)
Fresh, salmon	150	2,606
Fresh, barramundi	150	243
Total for the week		2,849

Option 3 – Two serves per week You can average 320 mg per day with this option.



Fish [†]	Serving size (g)	EPA and DHA (mg)
Canned, tuna (choose varieties in springwater instead of brine)	95	710
Fresh, silver perch	150	1,553
Total for the week		2,263

Option 4 – Three serves per week You can average 290 mg per day with this option.

Serving tips

Fish – spice up your fish! Add your favourite spices and garlic to give your fish extra flavour.

Fish [†]	Serving size (g)	EPA and DHA (mg)
Fresh, barramundi	150	243
Fresh, mullet	150	729
Fresh, bream	150	1,053
Total for the week		2,025

Notes

*Daily intake is an average of your weekly intake. [†]Frozen fish has not been included in this list, but some varieties are high in omega-3s. Check the information on the product packet in your supermarket.

References

Omega-3 levels are based on data obtained predominantly from Food Standards Australia New Zealand (2014). AUSNUT 2011–13 – Australian Food Composition Database. Available at: www.foodstandards.gov.au. Accessed 1 July 2014.

Some information is also sourced from Mooney B, Nichols P, Elliott N. Seafood the good food II: the oil content and composition of Australian commercial finfish, shellfishes and factors affecting edible species. Melbourne: CSIRO, 2002.

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