

## 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.
- **Choose Wild-Caught Fish over Farmed when possible**
- **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.