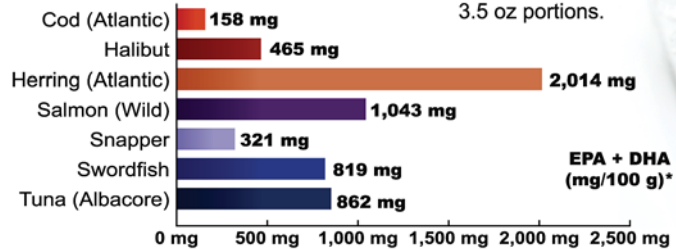


## All Fish Are Not Created Equal

In a recent study in *JAMA*, the authors conclude: "The benefits of fish consumption outweigh the risks among adults and, excepting a few selected fish species, among women of childbearing age." Here's a breakdown of the n-3 fatty acid content in various types of fish.

### Fish Sources of Fatty Acids

\*Data based on  
3.5 oz portions.



SOURCE: Mozaffarian D, Rimm EB. Fish intake, contaminants, and human health: evaluating the risks and the benefits. *Journal of the American Medical Association*, Oct. 2006;296(15):1885-99.