

Seafood	Grams of Omega 3	3.5		4		4.5		5	
	omega 3 /100g	Ounces	Pounds	Ounces	Pounds	Ounces	Pounds	Ounces	Pounds
Cod	0.22	55.68	3.48	63.64	3.98	71.59	4.47	79.55	4.97
Flounder	0.25	49.00	3.06	56.00	3.50	63.00	3.94	70.00	4.38
Lobster	0.14	87.50	5.47	100.00	6.25	112.50	7.03	125.00	7.81
Halibut	0.46	26.63	1.66	30.43	1.90	34.24	2.14	38.04	2.38
Trout	0.91	13.46	0.84	15.38	0.96	17.31	1.08	19.23	1.20
Sardines	0.98	12.50	0.78	14.29	0.89	16.07	1.00	17.86	1.12
Salmon- Pink Wild	1.1	11.14	0.70	12.73	0.80	14.32	0.89	15.91	0.99
Salmon - Coho Wild	1.32	9.28	0.58	10.61	0.66	11.93	0.75	13.26	0.83
Salmon - Sockeye Wild	1.39	8.81	0.55	10.07	0.63	11.33	0.71	12.59	0.79
Black Cod (sablefish)	1.56	7.85	0.49	8.97	0.56	10.10	0.63	11.22	0.70
Salmon - King Wild	2.25	5.44	0.34	6.22	0.39	7.00	0.44	7.78	0.49

So, if you wanted to get 3.5g of Omega 3 from King Salmon (wild only), you would need to eat 5.44 ounces (.34 pounds)



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