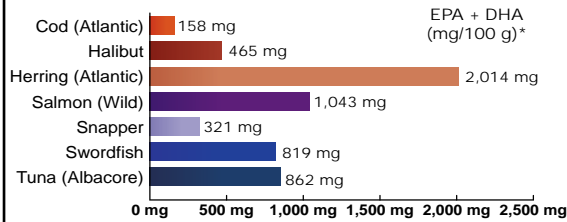


## All Fish Are Not Created Equal

According to the authors of a recent literature review, "the benefits of fish consumption outweigh the risks among adults and, excepting a few selected fish species, among women of childbearing age." The following graph shows how omega-3 fatty acid content can vary dramatically by type of fish. Share this information with your patients and emphasize the importance of fatty acids in a healthy diet.



### Fish Sources of Fatty Acids



\*Data based on 3.5 oz portions.

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