One 6-ounce serving of these fish each week will give you the recommended weekly amount of DHA:

- salmon (farm raised, wild caught, or canned)
- whitefish/walleye
- herring
- anchovies (canned)
- trout (farm raised)

Two 6-ounce servings (12 ounces total) of these fish each week will give you the recommended weekly amount of DHA:

- Atlantic mackerel
- sardines (canned)
- trout (wild caught)
- mussels
- pollock
- salt cod/bacalao

Three 6-ounce servings (18 ounces total) of these fish each week will give you the recommended weekly amount of DHA:

- squid/calamari
- ocean perch
- flatfish
- flounder
- sole

These fish have less DHA, but they are still a good source of protein and other nutrients:

- whiting
- scallops
- octopus
- haddock
- cod
- clams
- shrimp
- tilapia
- catfish
- eel
- crayfish
- crab (includes imitation crab)

If you eat tuna, choose chunk light tuna.