

HEALTHY FISH AND SEAFOOD

PROVIDE HIGH LEVELS OF OMEGA-3 FATTY ACIDS

FRESH FISH

- Atlantic and Pacific salmon
- Smoked salmon
- Atlantic and Pacific mackerel
- Bluefin tuna
- Oysters
- Squid (calamari)

CANNED FISH

- Salmon
- Sardines
- Mackerel
- Tuna (in water, canola or olive oil, tomato sauce, or brine)