

FOOD	DHA+EPA (mg)
Atlantic salmon (6 oz. cooked)	3,650
Wild salmon (6 oz. cooked)	3,000
Sardines in vegetable oil, drained (6 oz.)	1,680
Fish sticks (6)	680
Shrimp (6 oz.)	540
Omega-3 eggs (1)	150
Chicken (6 oz. cooked)	100
DHA Omega-3 yogurt (6 oz.)	30
Beef (6 oz. cooked)	0

Sources: Center for Science in the Public interest (cspinet.org);