

# EAT HEALTHY FISH

## Fish Point System

- ➔ Eat no more than 4 points per week
- ➔ Eat some fish with higher omega-3 fats

## Choose the right serving size

One serving of uncooked fish is 4 ounces, 113 grams or the size of your palm



## Best Choice

Each serving = 1 point

### Higher Omega-3 Fats

Anchovies	Pompano
Mackerel (Pacific, Atlantic or chub)	Salmon
Pacific Saury	Sardines
Pomfret (silver)	Smelt fish
	Trout (farmed)
	Whitefish

### Lower Omega-3 Fats

Belt fish	Mullet fish
Big mouth bass	Octopus
Cod	Pollock
Croaker (except Pacific or white)	Shellfish (eg. Clam, Crab, Scallop, Shrimp)
Imitation crab	Sole
	Squid
	Tilapia

## Good Choice

Each serving = 2 points

### Higher Omega-3 Fats

Eel

### Lower Omega-3 Fats

Blackfish/ black seabass	Lobster
Carp	Perch
Catfish	Skatefish
Cuttlefish	Snapper
Flounder	Swai/Panga
	Tuna (canned light & skipjack)

## Don't Eat Often

Each serving = 4 points

### Higher Omega-3 Fats

Bass	Trout (wild and lake)
Bluefish	Tuna (albacore & white)
Mackerel (Spanish)	Yellowtail
Seabass (Chilean)	

### Lower Omega-3 Fats

Buffalo fish	Halibut
Croaker (white or Pacific)	Pike
Grouper	Pomfret (black)

## Locally Caught Fish

Any fish caught in local rivers and lakes = 4 points



**Do  
Not  
Eat!**

King Mackerel	Orange roughy
Marlin	Shark
	Swordfish
	Tilefish
	Bigeye Tuna
	Bluefin Tuna

## VISIT OUR WEBSITE

- ➔ Fish photos and recipes
- ➔ Health information

**Website:**

<https://healthyfish.uic.edu>

