

Choosing Seafood and Fish



A **portion of fish** is about the **size of a deck of cards**



Choose fish that is high in **omega 3s** such as salmon, mackerel, sardines, herring, and trout



To **limit added sugar and sodium**, choose fish that has **not been pre-seasoned**



Choose seafood such as **scallops** or **mussels** for a **source of protein** that is **low in saturated fat**

To **limit the amount of mercury** you eat, choose **smaller fish** such as sardines, trout and herring more often than **large fish** such as tuna.

Looking for canned fish?

5%

Use the nutrition facts table to choose fish that has **5% or less daily** value of sodium



Check the label for the "**Low sodium**" or "**No added salt**" health claim.

Disclaimer: These tips are for information only. They do not replace advice from your doctor.



Learn more about choosing healthy foods.

Visit www.cardiaccollege.ca or www.diabetescollege.ca to watch the Choosing Healthy Foods video series.