

Canned Tuna Alternative

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Canned Tuna Alternative

fatty fish

Fish	Type	Farmable	omega 3 per 100 g	omega 6 per 100 g	monounsaturated fat	saturated fat
Bass (Striped)	Freshwater	Yes	0.7	0.2		
Carp	Freshwater	Yes	0.1	0.3		
Catfish	Freshwater	Yes	0.3	0.1		
Catfish (Brown)	Freshwater	Yes	0.3	0.1		
Catfish (Channel)	Freshwater	Yes	0.3	0.1		

Lake Trout	Freshwater	Yes	2.0	0.1
Perch	Freshwater	Yes	0.3	0.1
Pike	Freshwater	Yes	0.3	0.1
Pollock (Freshwater)	Freshwater	Yes	0.3	0.1
Smelt	Freshwater	Yes	0.5	0.1
Trout (Rainbow)	Freshwater	Yes	1.0	0.1
Tilapia	Freshwater	Yes	0.2	0.1
Whitefish (Lake)	Freshwater	Yes	1.5	0.1
Walleye	Freshwater	Yes	0.4	.01
Lake Trout	Freshwater	Yes	2.0	0.1
Rainbow Trout	Freshwater	Yes	1.0	0.1
Catfish (Channel)	Freshwater	Yes	0.3	0.1
Carp	Freshwater	Yes	0.1	0.3
Perch	Freshwater	Yes	0.3	0.1
Pike	Freshwater	Yes	0.3	0.1
Walleye	Freshwater	Yes	0.4	0.1
Salmon	Saltwater	Yes	2.6	0.1
Mackerel	Saltwater	Yes	2.0	0.1
Sardines	Saltwater	Yes	2.8	0.1
Herring	Saltwater	Yes	1.7	0.1
Cod	Saltwater	Yes	0.3	0.1
Bluefish	Saltwater	Yes	0.9	0.2
Cod	Saltwater	Yes	0.3	0.1
Flounder	Saltwater	Yes	0.2	0.1
Haddock	Saltwater	Yes	0.2	0.1
Halibut	Saltwater	Yes	0.3	0.1
Herring	Saltwater	Yes	1.7	0.1

Mackerel	Saltwater	Yes	2.0	0.1
Pollock	Saltwater	Yes	0.5	0.1
Salmon	Saltwater	Yes	2.6	0.1
Sardines	Saltwater	Yes	2.8	0.1
Snapper (Red)	Saltwater	Yes	0.3	0.2
Sole	Saltwater	Yes	0.1	0.1
Sturgeon	Saltwater	Yes	0.6	0.2
Swordfish	Saltwater	Yes	0.4	0.1

red meat