



**Retina Foundation
of the Southwest**

Leading Research ... Saving Sight

AMOUNTS OF DHA IN FOODS

*ADEQUATE INTAKE of DHA for healthy adults has been set to at least 250mg per day
(Deckelbaum et al. Am J Clin Nutr 2008)

Current Daily DHA intake for U.S. population is 70mg per day (NHANES, 2009-2010)

SERVING SIZE EQUALS 3 OUNCES (3 oz is slightly less than 1/2 cup or about the size of a deck of cards)

Fish	mg DHA/serving (highest to lowest)	*Percent of Daily Adequate DHA Intake provided by 3 oz Serving
Mackerel	1600	640%
Tuna	1200	480%
Salmon (wild, Atlantic)	900	360%
Sardines	900	360%
Herring	800	320%
Salmon (farm)	600	240%
Bass, (stripped)	600	240%
Pollock	350	140%
Halibut	350	140%
Oysters	200	80%
Crab	200	80%
Perch (ocean)	200	80%
Bass (freshwater)	200	80%
Catfish (farm)	200	80%
Walleyed Pike	200	80%
Cod	150	60%
Lobster	100	40%
Shrimp	100	40%
Flounder	100	40%
Scallops	100	40%
Perch (freshwater)	100	40%
Meats & Eggs		
Egg yolk (2 Good News yolks/3 oz)	130	52%
Egg yolk (2 supermarket yolks/3oz)	40	16%
Chicken (dark)	24	10%
Chicken (white)	14	6%
Beef	2	1%
Examples		
Burger King Fish sandwich	110	44%
Chicken breast sandwich	65	26%
McDonald's Quarter pounder hamburger	11	4%

Reference sources: Human Nutrition Services, USDA; World Review of Nutr Dietetics, vol. 83, 1998
Retina Foundation of the Southwest (1999 unpublished data)