

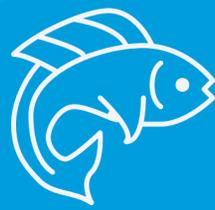
# Common Dietary Sources of DHA



## Oysters

eastern, wild, cooked,  
3oz

0.23g



## Sea Bass

cooked, 3oz

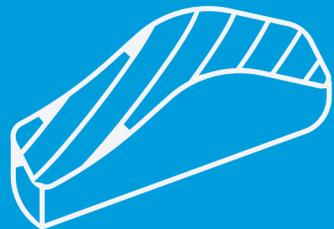
0.47g



## Shrimp

cooked, 3oz

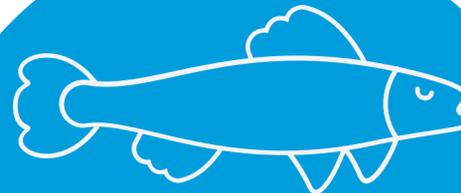
0.12g



## Salmon, Atlantic

farmed cooked, 3oz

1.24g



## Herring, Atlantic

cooked, 3oz

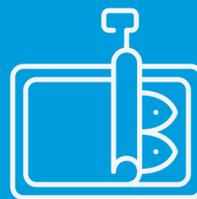
0.94g



## Tuna

light, canned in water,  
drained, 3oz

0.17g



## Sardines

canned in tomato sauce,  
drained, 3oz

0.74g



## Egg

one, cooked

0.03g