

## EPA+DHA Omega-3 Content of Major U.S. Domestic Species Groups Landed in 2013

Rank	Species	Volume of landings* [1]	EPA+DHA (%)	References	EPA+DHA quantity*
1	Menhaden	1,466,970	**	[2] and [3]	33,998
	Gulf Menhaden	1,097,502	2.61	[2] and [3]	28,618
	Atlantic Menhaden	369,468	1.46	[2]	5,379
2	Salmon	1,069,070	1.44	[2]	15,352
3	Pollock	3,014,295	0.42	[2]	12,690
4	Herring	298,376	1.57	[2]	4,687
5	Flatfish	716,866	0.25	[2]	1,756
6	Squid	264,560	0.49	[2]	1,291
7	Cod	687,157	0.18	[2]	1,264
8	Crabs	332,495	0.32	[2]	1,064
9	Hakes	525,461	0.2	[4] and [5]	1,040
10	Shrimp	283,016	0.06	[2]	173

\*The unit for these values is thousand pounds.

### References:

1. National Oceanic and Atmospheric Administration. Fisheries of the United States 2013. Current Fishery Statistics NO. 2013. Silver Spring, MD. September 2014.
2. Gebhardt, S., et al., 2008. USDA national nutrient database for standard reference, release 21.
3. Parker W.R. R. and Tyedmers H. P., 2012. Uncertainty and natural variability in the ecological footprint of fisheries: A case study of reduction fisheries for meal and oil. Ecological Indicators 16: 76–83.
4. Bimbo P. A., 2012. Raw material sources for Omega-3 fatty acids. Presented on the GOED exchange 2012. Page 47 (Pacific hake oil).
5. Hake has 0.9% fat: <http://www.foodnutritiontable.com/nutritions/nutrient/?id=693>