

Abridged List Ordered by Nutrient Content in Household Measure
Source: USDA National Nutrient Database for Standard Reference Legacy (2018)
Nutrients: 20:5 n-3 (EPA)(g)

Description	Measure	20:5 n-3 (EPA)(g)Per Measure
Fish, herring, Atlantic, pickled	1.0 cups	1.18
Fish, herring, Pacific, raw	3.0 oz	0.824
Fish, salmon, pink, canned, without salt, solids with bone and liquid	3.0 oz	0.718
Fish, salmon, coho, wild, cooked, moist heat	3.0 oz	0.462
Fish, bluefish, raw	1.0 fillet	0.378
Fish, bluefish, cooked, dry heat	1.0 fillet	0.378
Fish, roe, mixed species, cooked, dry heat	1.0 oz	0.357
Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	0.3
Crustaceans, spiny lobster, mixed species, cooked, moist heat	3.0 oz	0.29
Fish, salmon, pink, canned, drained solids	3.0 oz	0.284
Crustaceans, crab, queen, cooked, moist heat	3.0 oz	0.282
Mollusks, mussel, blue, raw	1.0 cups	0.282
Fish, mackerel, spanish, raw	3.0 oz	0.28
Fish, wolffish, Atlantic, raw	3.0 oz	0.261
Fish, salmon, chum, cooked, dry heat	3.0 oz	0.254
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	0.233
Mollusks, oyster, Pacific, raw	1.0 medium	0.219
Fish, flatfish (flounder and sole species), cooked, dry heat	1.0 fillet	0.213
Fish, herring, Atlantic, raw	1.0 oz,	0.201
Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	0.184
Fish, cisco, smoked	1.0 oz	0.181
Fish, seatrout, mixed species, cooked, dry heat	3.0 oz	0.179
Mollusks, oyster, eastern, cooked, breaded and fried	3.0 oz	0.172
Fish, trout, mixed species, cooked, dry heat	1.0 fillet	0.161
Mollusks, oyster, eastern, farmed, raw	3.0 oz	0.16
Fish, mackerel, jack, canned, drained solids	1.0 oz,	0.123
Fish, lingcod, cooked, dry heat	3.0 oz	0.113
Fish, swordfish, cooked, dry heat	3.0 oz	0.108
Fish, pollock, Alaska, cooked	3.0 oz	0.088
Fish, burbot, cooked, dry heat	1.0 fillet	0.081
Fish, tuna, skipjack, fresh, cooked, dry heat	3.0 oz	0.077
Fish, cisco, raw	1.0 fillet	0.075
Mollusks, octopus, common, raw	3.0 oz	0.065
Fish, tuna, white, canned in oil, drained solids	3.0 oz	0.056
Fish, cod, Pacific, raw (may have been previously frozen)	1.0 fillet	0.039
Fish, flatfish (flounder and sole species), raw	1.0 oz,	0.039
Fish, ocean perch, Atlantic, cooked, dry heat	1.0 fillet	0.037
Fish, haddock, raw	3.0 oz	0.036
Fish, pike, northern, cooked, dry heat	3.0 oz	0.036
Fish, grouper, mixed species, cooked, dry heat	3.0 oz	0.03

Veal, Australian, shank, hind, bone-in, separable lean only, raw	4.0 oz	0.028
Chicken, broilers or fryers, dark meat, meat only, cooked, fried	1.0 cups	0.028
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	4.0 oz	0.025
Fish, grouper, mixed species, raw	3.0 oz	0.023
Chicken, broilers or fryers, back, meat only, raw	4.0 oz	0.023
Fish, mahimahi, cooked, dry heat	3.0 oz	0.022
Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	4.0 oz	0.021
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	3.0 oz	0.02
Fish, ocean perch, Atlantic, raw	1.0 oz,	0.018
POPEYES, Mild Chicken Strips, analyzed 2006	1.0 strip	0.014
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.0 cups,	0.014
Beef, Australian, imported, grass-fed, seam fat, raw	4.0 oz	0.014
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cups, diced	0.013
POPEYES, Coleslaw	1.0 package	0.013
Cheese, swiss	1.0 cups,	0.012
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	1.0 unit (yield from 1 lb	0.011
Cream, fluid, heavy whipping	1.0 cups,	0.011
Turkey, whole, dark meat, meat and skin, cooked, roasted	3.0 oz	0.01
Cheese food, pasteurized process, American, vitamin D fortified	1.0 cups	0.009
Chicken, broilers or fryers, light meat, meat only, raw	1.0 unit (yield from 1 lb	0.009
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	3.0 oz	0.009
Guinea hen, meat only, raw	3.0 oz	0.009
Chicken, broilers or fryers, meat and skin, cooked, fried, flour	3.0 oz	0.009
Squab, (pigeon), meat and skin, raw	3.0 oz	0.009
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe	0.008
Chicken, skin (drumsticks and thighs), raw	4.0 oz	0.008
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	0.008
Cheese, mozzarella, low moisture, part-skim	1.0 cups,	0.007
Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	3.0 oz	0.006
Chicken, broilers or fryers, back, meat and skin, raw	1.0 unit (yield from 1 lb	0.006
Fish, tilapia, raw	1.0 fillet	0.006
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin	0.006
Chicken, broilers or fryers, leg, meat only, cooked, fried	1.0 unit (yield from 1 lb	0.006
Cheese, ricotta, whole milk	0.5 cups	0.005
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.0 slice 1/4 of	0.004
Cheese, pasteurized process, American, fortified with vitamin D	1.0 oz	0.003
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	0.003
Turkey, ground, fat free, patties, broiled	3.0 oz	0.003
Turkey, retail parts, thigh, meat and skin, cooked, roasted	3.0 oz	0.003
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	3.0 oz	0.003

Turkey from whole, light meat, meat only, with added solution, cooked, roasted	3.0 oz	0.003
Turkey, whole, breast, meat only, cooked, roasted	3.0 oz	0.003
Pork, ground, 96% lean / 4% fat, raw	4.0 oz	0.003
Fast foods, croissant, with egg, cheese, and ham	1.0 item	0.003
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.0 oz	0.003
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.0 oz	0.003
Pork, ground, 96% lean / 4% fat, cooked, crumbles	3.0 oz grilled	0.003
Fast foods, english muffin, with egg, cheese, and canadian bacon	1.0 sandwich	0.003
Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	0.003
Chicken, broilers or fryers, drumstick, meat only, cooked, fried	1.0 unit (yield from 1 lb)	0.003
Cereals ready-to-eat, granola, homemade	1.0 cups	0.002
Chicken, broilers or fryers, giblets, raw	1.0 unit (yield from 1 lb)	0.002
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.0 oz	0.002
Chicken, dark meat, thigh, meat only, with added solution, raw	4.0 oz	0.002
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.0 oz	0.002
POPEYES, Spicy Chicken Strips, analyzed 2006	1.0 strip	0.002
Cookies, chocolate chip, refrigerated dough	1.0 serving	0.002
Crackers, rusk toast	0.5 oz	0.002
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	0.002
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.0 oz	0.002
Chicken, broilers or fryers, wing, meat only, raw	1.0 wing, bone and skin removed	0.002
Fast foods, biscuit, with egg and bacon	1.0 biscuit	0.002
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	0.002
Cheese, cream	1.0 tbsp	0.001
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	1.0 oz	0.001
Ice creams, vanilla, light, no sugar added	1.0 serving	0.001
Sorghum flour, whole-grain	1.0 cups	0.001
Bread, wheat	1.0 slice	0.001
Cookies, oatmeal, with raisins	1.0 oz	0.001
Cookies, peanut butter, commercially prepared, regular	1.0 oz	0.001
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.0 oz	0.001
Cheese, cottage, lowfat, 2% milkfat	4.0 oz	0.001
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	0.001
Bread, pound cake type, pan de torta salvadoran	1.0 serving	0.001
Bologna, meat and poultry	1.0 slice	0.001
Cream, fluid, half and half	1.0 fl oz	0.001
Garlic bread, frozen	1.0 slice	0.001
Croissants, butter	1.0 oz	0.001

Cookies, chocolate wafers	1.0 oz	0.001
Danish pastry, cinnamon, enriched	1.0 oz	0.001
Bread, reduced-calorie, wheat	1.0 oz	0.001
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	0.001
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.0 oz	0.001
Bread, white wheat	1.0 slice	0.001
Soup, chicken noodle, dry, mix	1.0 packet	0.001
Cream, sour, cultured	1.0 tbsp	0.001
Pork sausage, link/patty, fully cooked, unheated	1.0 link	0.001
Croissants, cheese	1.0 oz	0.001
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21	0.001