



FACT SHEET: Nutrition recommendations for fish intake

Fish, especially oily fish has been shown to help keep your heart healthy. The following recommendations are based on cardiovascular disease risk and safety levels. There are no specific recommendations for fish/omega-3 intake relating to other conditions.

Brighton & Hove Food Partnership recommends that you follow these guidelines, but also that you chose fish that is sustainable. [More information about what fish is both locally available and sustainable.](#)

General population:

- All should be having at least two portions of fish per week, one of which to be oily fish. Oily fish includes; sardines, herring, trout, mackerel and salmon.

Upper limit recommendations:

- Males: up to 4 portions of oily fish per week.
- Females: who are planning to become pregnant, are pregnant, may become pregnant in future or are breastfeeding: up to 2 portions of oily fish/week.
- Females who will not become pregnant: up to 4 portions of oily fish/week.
- There is no upper limit recommendation for white fish, with the exception of fish with high mercury content such as shark, marlin, sea bass and rock salmon (mainly applicable to pregnant/breastfeeding women and children).

Specific population recommendations:

- Post heart attack: 2-3 portions of oily fish/week

Supplements:

Supplements are not recommended for the general population for primary prevention of cardiovascular disease. Omega-3 supplements are only recommended for those who have had a heart attack within the last 3 months.

Vegetarian sources of omega 3

Omega-3 is present in the following items that may be acceptable to vegetarians:

- Omega-3 supplements that are made from microalgae
- Sea vegetables
- Foods fortified with omega-3
- Omega-3 enriched eggs.

To optimize omega-3 intakes:

- Avoid foods high in trans fats and saturated fats
- Limit oils that are high in omega-6 fatty acids, such as safflower, sunflower and corn oils
- Obtain omega-6 fatty acids primarily from whole plant foods such as soy foods
- Obtain omega-3 fatty acids from food sources such as flaxseed, flaxseed oil, hempseed products and walnuts.

