

## NUTRITION NUGGET #1

**Question: Is shrimp high in omega 3?**



**Answer: Shrimp is not high in omega 3.**

### **Pertinent Facts:**

- Omega 3 may improve heart health (lower triglyceride levels, lower blood pressure) according to some studies.
- Omega 3 cannot be made by the body and must be taken from food or supplements.
- Shrimp is low in omega 3 and low in saturated fat.
- Shrimp is high in cholesterol: 129mg in 3 oz serving versus <200mg recommended limit per day.
- Aside from plants (flaxseed, walnuts, canola oil), cold-water fish are good sources of omega 3 (see chart)

<b>Fish</b>	<b>Omega-3 (grams)</b>	<b>Rating</b>
Salmon	3.7	Best source
Sardines, in sardine oil	3.3	
Herring	1.8	
Tuna (canned, 3 oz)	0.7	
Shrimp (3 oz, steamed)	0.3	Poor source

**Apply: A participant tells you they have high cholesterol and they eat shrimp. What would you recommend?**

References: Shrimp and Omega 3, <http://familymedicine.tufts.edu/pdf/Omega-3-Fatty-Acids.pdf>; Shrimp and sources of omega 3, <http://www.askdrsears.com/html/4/t041600.asp>; Shrimp nutrition facts, <http://nutritiondata.self.com/facts/finfish-and-shellfish-products/4172/2>; Image available at [http://www.wineskinny.com/wp-content/uploads/2010/06/boiled\\_shrimp.jpg](http://www.wineskinny.com/wp-content/uploads/2010/06/boiled_shrimp.jpg)