



Recomandari privind consumul de peste in functie de cantitatea de omega 3 si continutul de mercur

Specii de peste cu continut scazut de mercur care pot fi consumate de 2-3 ori pe saptamana	Omega 3
Cod	☹
Somn	☹
Tilapia	☹
Egrefin	☹
Limba de mare	☺
Calcan	☺
Chefal	☺
Capelin	☺
Somon	☺
Macrou	☺
Pastrav	☺
Hering	☺
Ansoa	☺
Scrumbie	☺
Hamsie	☺
Sprot	☺
Sardine	☺

Specii de peste cu continut mediu de mercur care pot fi consumate o data pe saptamana	Omega 3
Biban de Nil	☹
Biban american de apa dulce	☹
Vulpe de mare (calcan fam. Rajidae)	☹
Biban de apa dulce	☺
Crap	☺
Halibut	☺



Macrou de Pacific	☺
Anghila	☺
Cod negru	☺
Ton alb (Thunnus albacares)	☺
Biban de mare	☺

Specii de peste cu continut ridicat de mercur al caror consum ar trebui limitat sau evitat*	Omega 3
Peste spada	☹
Ton Bigeye (Thunnus obesus – lat.)	☹
Rechin	☹
Macrou regal	☹
Tilefish (Hoplolatilus luteus – lat.)	☹
Peste spada	☹
Ton Yellowfin (Thunnus thynnus – lat.)	☺
Ton Bluefin (Thunnus orientalis – lat.)	☺

*Gravidele, femeile care intentioneaza sa ramana gravide, lauzele sau copiii mici NU ar trebui sa consume aceste specii de peste.

Legenda:

☹ =continut redus de omega 3

☺ =continut mediu de omega 3

☺ =continut ridicat de omega 3

*Lista este realizata pe baza urmatoarelor surse:



1. Washington State Department of Health - Fish Advisories Program.
<http://www.doh.wa.gov/CommunityandEnvironment/Food/Fish/HealthyFishGuide.aspx>
2. The American Heart Organisation: http://www.heart.org/HEARTORG/General/Fish-and-Omega-3-Fatty-Acids_UCM_303248_Article.jsp
3. Addis, P.B. 1990. *Omega-3 fatty acid content of Lake Superior fish*. St. Paul: Minnesota Extension Service. University of Minnesota.
4. Patterson Clark, Washington Post, 3 Apr 2012. http://www.washingtonpost.com/national/health-science/2012/04/03/gIQABd16sS_graphic.html
5. M. Stancheva, B. Galunska, A.D. Dobreva si A. Merdzhanova, 2012. Retinol, alpha-tocopherol and fatty acid content in Bulgarian Black Sea fish species. Department of Chemistry, Faculty of Pharmacy, Medical University of Varna, Bulgaria. <http://grasasyaceites.revistas.csic.es/index.php/grasasyaceites/article/view/1367/1364>