

Table 1. Fatty acid content (per 100 g fresh tissue) of farmed and wild fish.

Fatty Acid‡	Coho salmon		Atlantic salmon		Channel catfish		Rainbow trout	
	Farmed	Wild	Farmed	Wild	Farmed	Wild	Farmed	Wild
Omega-9 fatty acids								
OLA (18:1)	1.724	1.204	1.785	1.351	3.168	0.594	1.057	0.614
Omega –6 fatty acids								
LNA (18:2)	0.349	0.206	0.586	0.172	0.876	0.101	0.710	0.239
ARA (20:4)	0.095	0.133	1.152	0.267	0.085	0.149	0.025	0.109
Total Omega-6	0.444	0.339	1.783	0.439	0.961	0.250	0.735	0.348
Omega-3 fatty acids								
ALA (18:3)	0.075	0.157	0.094	0.295	0.096	0.071	0.058	0.119
EPA (20:5)	0.385	0.429	0.618	0.321	0.067	0.130	0.260	0.167
DHA (22:6)	0.821	0.656	1.293	1.151	0.207	0.234	0.668	0.420
Total EPA+DHA	1.206	1.085	1.911	1.472	0.274	0.364	0.928	0.587
Ratio of 3 to 6	2.885	3.663	1.124	4.025	0.385	1.740	1.341	2.028
Total lipid	7.67	5.93	10.85	6.34	7.59	2.82	5.40	3.46

‡OLA = oleic acid; LNA = linoleic acid; ARA = arachidonic acid; ALA = α -linolenic acid; EPA = eicosapentaenoic acid; DHA = docosahexaenoic acid. Data from USDA Nutrient Database for Standard Reference, Release 14 (2001), The Nutrient Data Laboratory of the Agricultural Research Service of the U.S. Department of Agriculture (<http://www.nal.usda.gov/fnic/foodcomp/>)

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