



TYPES OF FISH

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Fish is an excellent source of high-quality protein that is also low in cholesterol. Additionally, it's generally a good source of B vitamins, especially niacin, B12, and B6.

Medium and Dark-Fleshed Fish These types of fish, such as salmon and tuna, are generally higher in fat, including heart-healthy omega-3 fatty acids, and are good sources of vitamins A and D. Some, such as fresh sardines and smelt, contain small, soft, edible bones, which are valuable sources of calcium.

White-Fleshed Fish In general, white-fleshed fish, such as cod, tilapia, flounder, and grouper, are low in all types of fat, including healthful omega-3s. /but these choices are excellent sources of lean protein and shouldn't be avoided.

Types of Fish Fish can be categorized many ways but here's a sampling based on color and fat content

White, lean, flaky	White, firm, oil rich	Medium color, oil rich	White, lean, firm	Dark, oil rich
Black sea bass	Albacore tuna	Amberjack	Alaska pollock	Anchovies
Flounder	Atlantic shad	Arctic char	Catfish	Bluefin tuna
Rainbow smelt	Chilean sea bass	Mahimahi	Grouper	Herring
Red snapper	Cobia	Paddlefish	Haddock	Mackerel
Tilapia	Lake trout	Pompano	Pacific cod	Salmon
	Pacific sablefish	Salmon (coho)	Pacific halibut	Sardines
	Trout (rainbow)	Salmon (sockeye)	Pacific rockfish	Skipjack tuna
	Weakfish (sea trout)	Yellowfin tuna	Pacific sole	
	White sturgeon		Striped bass	
	Whiting		Swordfish	

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