

WHITE FISH AND OILY FISH

ЋУТ АБЈАД У ЋУТ ЖЕЈТНИ

WHITE FISH	ЋУТ АБЈАД	OILY FISH	ЋУТ ЖЕЈТНИ
Bronze Grouper	DOTT TAL-FAXXI	Albacore, Long-Fin Tuna**	ALONGA
Canned Tuna*	TONN TAL-BOTT	Atlantic Blue-Fin Tuna	TONN
Common Dentex	DENĆI	Atlantic Bonito	PLAMTU
Common Sole	LINGWATA KOMUNI	Atlantic Mackerel	KAVALL
Dolphin Fish, Dorada	LAMPUKA	Blue Runner	SAWRELLA MPERJALI DENBHA ISWED
Dusky Grouper	ĆERNA	Bogue	VOPA
European Hake	MARLOZZ	Eel	SALLURA
European Sea Bass	SPNOTTA	European Anchovy	INĆOVA
Flying Fish	RONDINELLA KOMUNI	European / Mediterranean Barracuda	LIZZ
Gilthead Sea Bream	AWRATA	European Pilchard, Sardine	SARDINA ĤADRA
Halibut	ЋALIBATT	European Scad	SAWRELLA
John Dory	PIXXI SAN PIETRU	Greater Amberjack	ĆERVJOLA
Plaice	BARBUN TAT-TBAJJA	Herring	ARINGA
Poor Cod	BAKKALJAW	Mediterranean Horse Mackerel	SAWRELLA GĤAJN KBIRA
Red Mullet	TRILJA TAL-ĤAMA / BLA FAXXI	Salmon	SALAMUN
Red Parrot Fish	PAPPAGALL AĤMAR, MARŽPAN	Sprat	LAĆĆA KAĤLA
Red / Black Spot Sea Bream	PAĖELLA TAL-GARĖI	Swordfish	PIXXISPAD
Red Scorpion Fish	ĆIPPULLAZZA	Trout	TROTA
Red Snapper / Common Pandora	PAĖELLA HAMRA		
Saddled / Black-Tailed Bream	KAĤLIJA		
Spotted Flounder	LINGWATA TAL-ISKWAMI		
Turbot	BARBUN IMPERJALI		
White Sea Bream	SARGU KOMUNI		
Wide-Eyed Flounder	BARBUN		

**Fresh Tuna is an oily fish and is high in omega 3 fatty acids. Canned Tuna does not have the same properties. In canned tuna the fatty acids are reduced to levels similar to white fish. So, although canned tuna is a healthy choice for most people, it does not count as oily fish.*

*** Albacore, Long-Fin Tuna is white in colour. As a result, it is often marketed as 'white meat tuna' or 'chicken of the sea', but it is still an oily fish.*