

Re: sardine and anchovy PUFA content

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"> The problem is that sardine is **always** canned along with oil (usually
> *olive*), while herring is usually in brine. The point of doing that is to
get
> *olive oil sardine confit*. But this also means the canned version is
> completely different from the non-canned version as far as pufa are
> concerned.

Sardines in the stores in the USA are as likely in water as oil.
Indeed, it is only the 2 dollar King Oscars that are in olive oil.
Brunswick Sardines in Louisiana Hot sauce has no oil.
Thai canned Sunny Sea in tomato sauce has no oil.
Ocean fish steaks in soybean bean oil is herring.
Bumble Bee of Poland sardines in hot sauce has oil.