SEAFOOD

SEAFOOD at least TWICE-A-WEEK

NUTRITION FACTS

3 oz./84 g
cooked edible serving*

	Calories	Total Fat		Saturated Fat		Cholesterol		Sodium		Total Carbohydrates		Protein	Vitamin A	Vitamin C	Calcium	Iron
	g	g	%DV	g	%DV	g	%DV	mg	%DV	g	%DV	g	%DV	%DV	%DV	%DV
Blue Crab	100	1	2	0	0	95	32	330	14	0	0	20	0	4	10	4
Catfish	130	6	9	2	10	50	17	40	2	0	0	17	0	0	0	0
Clams 12 Small	110	1.5	2	0	0	80	27	95	4	6	2	17	10	0	8	30
Cod	90	1	2	0	0	50	17	55	2	0	0	20	0	2	2	2
Flounder/Sole	100	1.5	2	0	0	55	18	100	4	0	0	19	0	0	0	0
Haddock	100	1	2	0	0	70	23	75	3	0	0	21	2	0	2	6
Halibut	120	2	3	0	0	35	12	60	3	0	0	23	4	0	4	6
Lobster	80	0.5	1	0	0	60	20	320	13	1	0	17	2	0	6	2
Ocean Perch	110	2	3	0.5	0	50	17	95	4	0	0	21	0	2	10	6
Orange Roughy	80	1	2	0	0	20	7	70	3	0	0	16	2	0	4	2
Oysters 12 Medium	100	4	6	1	0	80	27	300	13	6	0	10	0	6	6	45
Pollock	100	1	2	0	0	80	27	110	5	0	0	20	2	0	0	2
Rainbow Trout	140	6	9	2	10	55	18	35	1	0	0	20	4	4	8	2
Rockfish	100	1.5	2	0	0	40	13	70	3	0	0	21	4	0	2	2
Salmon Atlantic/Coho/Sockeye	190	10	15	2	10	65	22	65	3	0	0	24	2	2	2	2
Salmon Chum/Pink	130	4	6	1	0	70	23	65	3	0	0	22	2	0	2	4
Scallops 6 Large/ 12 Medium	140	1	2	0	0	60	20	310	13	5	2	27	2	6	4	2
Shrimp	100	1.5	0	0	17	0	57	250	10	0	0	21	4	4	6	6
Swordfish	120	6	9	1.5	8	40	13	100	4	0	0	16	2	2	0	4
Tilapia	110	2.5	4	1	5	75	25	30	1	0	0	22	0	2	0	2
Tuna	130	1.5	2	0	0	50	17	40	2	0	0	26	2	2	2	4
Crab, Dungeness	90	1	2	0	0	65	22	320	13	1	0	19	2	6	6	2
Crab, Imitation (Surimi)	90	1	2	0	0	20	7	720	30	9	3	10	2	0	2	2
Crab, Snow	100	1	2	0	0	60	20	590	25	0	0	20	4	10	4	14
Crayfish	70	1	2	0	0	115	38	80	3	0	0	15	0	0	4	6
Grouper	100	1	2	0	0	40	13	45	2	0	0	21	2	0	2	6
Herring	210	15	23	3.5	18	85	28	80	3	0	0	18	2	0	10	6
Mackerel	170	9	14	2.5	13	50	17	95	4	0	0	20	0	2	2	8
Mahi-Mahi	90	1	2	0	0	80	27	95	4	0	0	20	4	0	2	6
Monkfish	80	2	3	N/A	N/A	30	10	20	1	0	0	16	0	2	0	2
Mussels	150	4	6	0.5	3	50	17	310	13	6	2	20	6	20	2	32
Octopus	140	2	3	0.5	3	80	27	390	16	4	1	25	6	10	10	45
Redfish	110	2	3	0.5	3	50	17	95	4	0	0	21	0	2	10	6
Sea Bass	110	2	3	0.5	3	45	15	75	3	0	0	20	4	0	2	2
Snapper	100	2	2	0	0	40	13	70	3	0	0	21	4	0	2	2
Squid	150	6	9	1.5	8	220	73	260	11	7	2	15	0	6	4	4
Turbot	100	3	5	N/A	N/A	50	17	160	7	0	0	17	0	2	2	2
Whiting	100	2	2	0.5	3	70	23	110	5	0	0	20	2	0	6	2
Whitefish	150	6	9	1	5	65	22	55	2	0	0	21	2	0	4	2

Data from FDA Federal Register/ Vol. 67, No. 54 Appendix D to Part 101

Data from USDA Table 16-1, 2004

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