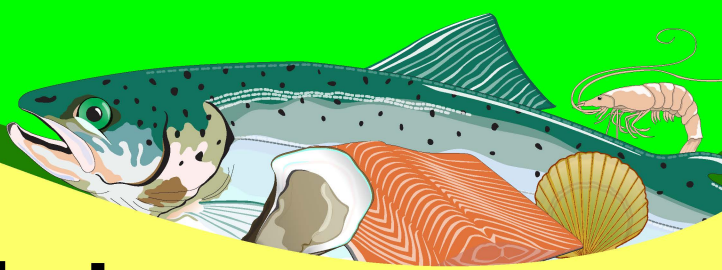


Seafood



Nutrition Facts

Cooked (by moist or dry heat with no added ingredients), edible weight portion.
Percent Daily Values (%DV) are based on a 2,000 calorie diet.

| Seafood Serving Size (84 g/3 oz) | Calories | Calories from Fat | | Total Fat | Saturated Fat | Cholesterol | Sodium | Potassium | Total Carbohydrate | Protein | Vitamin A | Vitamin C | Calcium | Iron |
|--|----------|-------------------|-----|-----------|---------------|-------------|--------|-----------|--------------------|---------|-----------|-----------|---------|------|
| | | g | %DV | g | %DV | mg | %DV | mg | %DV | g | %DV | %DV | %DV | %DV |
| Blue Crab | 100 | 10 | 1 | 0 | 95 | 330 | 300 | 0 | 20g | 0% | 4% | 10% | 4% | |
| Catfish | 130 | 60 | 6 | 2 | 50 | 40 | 230 | 0 | 17g | 0% | 0% | 0% | 0% | |
| Clams, about 12 small | 110 | 15 | 1.5 | 0 | 80 | 95 | 470 | 6 | 17g | 10% | 0% | 8% | 30% | |
| Cod | 90 | 5 | 1 | 0 | 50 | 65 | 460 | 0 | 20g | 0% | 2% | 2% | 2% | |
| Flounder/Sole | 100 | 15 | 1.5 | 0 | 55 | 100 | 390 | 0 | 19g | 0% | 0% | 2% | 0% | |
| Haddock | 100 | 10 | 1 | 0 | 70 | 85 | 340 | 0 | 21g | 2% | 0% | 2% | 6% | |
| Halibut | 120 | 15 | 2 | 0 | 40 | 60 | 500 | 0 | 23g | 4% | 0% | 2% | 6% | |
| Lobster | 80 | 0 | 0.5 | 0 | 60 | 320 | 300 | 1 | 17g | 2% | 0% | 6% | 2% | |
| Ocean Perch | 110 | 20 | 2 | 0.5 | 45 | 95 | 290 | 0 | 21g | 0% | 2% | 10% | 4% | |
| Orange Roughy | 80 | 5 | 1 | 0 | 20 | 70 | 340 | 0 | 16g | 2% | 0% | 4% | 2% | |
| Oysters, about 12 medium | 100 | 35 | 4 | 1 | 80 | 300 | 220 | 6 | 10g | 0% | 6% | 6% | 45% | |
| Pollock | 90 | 10 | 1 | 0 | 80 | 110 | 370 | 0 | 20g | 2% | 0% | 0% | 2% | |
| Rainbow Trout | 140 | 50 | 6 | 2 | 55 | 35 | 370 | 0 | 20g | 4% | 4% | 8% | 2% | |
| Rockfish | 110 | 15 | 2 | 0 | 40 | 70 | 440 | 0 | 21g | 4% | 0% | 2% | 2% | |
| Salmon, Atlantic/Coho/Sockeye/Chinook | 200 | 90 | 10 | 2 | 70 | 55 | 430 | 0 | 24g | 4% | 4% | 2% | 2% | |
| Salmon, Chum/Pink | 130 | 40 | 4 | 1 | 70 | 65 | 420 | 0 | 22g | 2% | 0% | 2% | 4% | |
| Scallops, about 6 large or 14 small | 140 | 10 | 1 | 0 | 65 | 310 | 430 | 5 | 27g | 2% | 0% | 4% | 14% | |
| Shrimp | 100 | 10 | 1.5 | 0 | 170 | 240 | 220 | 0 | 21g | 4% | 4% | 6% | 10% | |
| Swordfish | 120 | 50 | 6 | 1.5 | 40 | 100 | 310 | 0 | 16g | 2% | 2% | 0% | 6% | |
| Tilapia | 110 | 20 | 2.5 | 1 | 75 | 30 | 360 | 0 | 22g | 0% | 2% | 0% | 2% | |
| Tuna | 130 | 15 | 1.5 | 0 | 50 | 40 | 480 | 0 | 26g | 2% | 2% | 2% | 4% | |

Seafood provides negligible amounts of trans fat, dietary fiber, and sugars.