

Seafood Nutrition Information

| | Seafood is typically | Benefits to health |
|--------------------|---|--|
| Energy | Low in energy or kilojoules. | Ideal for those watching the scales. |
| Protein | High in readily digestible protein. | Essential for growth and repair of muscles and a healthy immune system. |
| Fat, total | Low in fat but relatively high in 'good' fats such as omega-3's and omega-6's. | Provides the good fats essential to health. |
| saturated | Without almost any saturated fat. | Ideal to maintain a healthy heart. Most saturated fats increase blood cholesterol. |
| Omega fats | The best natural source of omega-3 fats. They also contain omega-6 fats, which are also found in plant-based foods. | Omegas-3's are essential to life and good health. Important for the brain and nervous system. Hence fish really is brain food. Omega-6's are important for growth and general health and well-being. |
| Cholesterol | Low in cholesterol. Shellfish and crustaceans like prawns do contain cholesterol however only a small amount is usually absorbed. | Fits into a heart healthy diet. Cholesterol in food is not the main predictor of blood cholesterol. |
| Vitamins | High in vitamins A, B, E & D. One of the few natural sources of vitamin D. | Essential for maintaining good health. Essential for healthy bones. |
| Minerals | High in minerals iodine and calcium. Seafood is the best source of iodine. | Essential for maintaining good health. Iodine is important for the thyroid. Calcium is essential for strong bones and teeth. |

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values for 3 oz. (84g) cooked, edible portion

| Species | Calories | Protein gm. | Carb. gm. | Fat gm. | Sat. Fat gm. | Chole-sterol mg. | Sodium mg. | Vitamin A | Vitamin C | Calci-um | Iron |
|--|----------|-------------|-----------|---------|--------------|------------------|------------|-----------|-----------|----------|------|
| | | | | | | | | | | | |
| Blue Crab, steamed | 90 | 19 | 0 | 1 | 0 | 80 | 310 | * | * | 9 | 4 |
| Catfish, baked | 120 | 19 | 0 | 5 | 1 | 60 | 65 | * | * | 3 | 5 |
| Clam, steamed, 12 small | 130 | 22 | 4 | 2 | 0 | 60 | 95 | 10 | * | 8 | 130 |
| Cod, broiled | 90 | 19 | 0 | 1 | 0 | 50 | 60 | * | 2 | * | 2 |
| Flounder, baked | 100 | 20 | 0 | 1 | 0 | 50 | 85 | * | * | 2 | 2 |
| Haddock, baked | 90 | 20 | 0 | 1 | 0 | 60 | 70 | * | * | 4 | 6 |
| Halibut broiled | 120 | 22 | 0 | 2 | 0 | 30 | 60 | 3 | * | 5 | 5 |
| Lobster, broiled | 100 | 20 | 1 | 1 | 0 | 100 | 320 | * | * | 5 | 2 |
| Mackerel, broiled | | | | | | | | | | | |
| Atlantic, Pacific, Jack | 190 | 21 | 0 | 12 | 3 | 60 | 95 | 7 | * | * | 9 |
| Mahi Mahi, broiled | 90 | 20 | n/a | 1 | 0 | 80 | 95 | n/a | n/a | n/a | 10 |
| Ocean Perch, baked | 100 | 20 | 0 | 2 | 0 | 50 | 80 | * | * | 10 | 6 |
| Orange Roughy, broiled | 70 | 16 | 0 | 1 | 0 | 20 | 70 | * | * | * | * |
| Oyster, steamed, 12 med. | 120 | 12 | 7 | 4 | 1 | 90 | 190 | * | * | 8 | 65 |
| Pollock, broiled | 100 | 21 | 0 | 1 | 0 | 80 | 90 | * | * | * | * |
| Rainbow Trout, broiled | 130 | 22 | 0 | 4 | 1 | 60 | 30 | * | * | 7 | 10 |
| Rockfish, baked | 100 | 20 | 0 | 2 | 0 | 40 | 65 | 4 | * | * | 3 |
| Salmon, Atlantic/Coho, baked | 150 | 22 | 0 | 5 | 0 | 50 | 50 | * | 2 | * | 4 |
| Salmon, Alaska/King (Chinook) | 200 | 22 | 0 | 11.5 | 3 | 75 | 55 | n/a | n/a | n/a | n/a |
| Salmon, Alaska/Sockeye (Red) | 190 | 24 | 0 | 9.5 | 1.5 | 70 | 55 | n/a | n/a | n/a | n/a |
| Salmon, Alaska/Coho (Silver) | 165 | 24 | 0 | 7 | 1 | 45 | 55 | n/a | n/a | n/a | n/a |
| Salmon, Alaska/Chum (Keta) | 135 | 23 | 0 | 4 | 1 | 85 | 55 | n/a | n/a | n/a | n/a |
| Salmon, Alaska/Pink | 130 | 22 | 0 | 4 | .5 | 60 | 75 | n/a | n/a | n/a | n/a |
| Salmon, Sockeye, canned | | | | | | | | | | | |
| 1/4 cup serving size (63g approx.) | 110 | 13 | 0 | 7 | 1.5 | 40 | 270 | n/a | n/a | n/a | n/a |
| Salmon, Pink, canned | | | | | | | | | | | |
| 1/4 cup serving size (63g approx.) | 90 | 12 | 0 | 5 | 1 | 40 | 270 | n/a | n/a | n/a | n/a |
| Scallops, broiled, 6 large or 14 small | 150 | 29 | 2 | 1 | 0 | 60 | 275 | * | 3 | 2 | * |
| Shrimp, boiled, 6 large | 110 | 22 | 0 | 2 | 0 | 160 | 155 | * | 3 | 3 | 15 |
| Sole, broiled | 100 | 21 | 0 | 1 | 0 | 60 | 90 | * | * | 2 | 2 |
| Swordfish, broiled | 130 | 21 | 0 | 4 | 1 | 40 | 110 | 4 | * | * | 5 |
| Tilapia, baked | 93 | 17 | 0 | 1 | .6 | 42 | 44 | * | * | 8 | .5 |
| Tuna, Yellowfin, broiled | 120 | 25 | 0 | 1 | 0 | 50 | 40 | n/a | n/a | n/a | 4 |