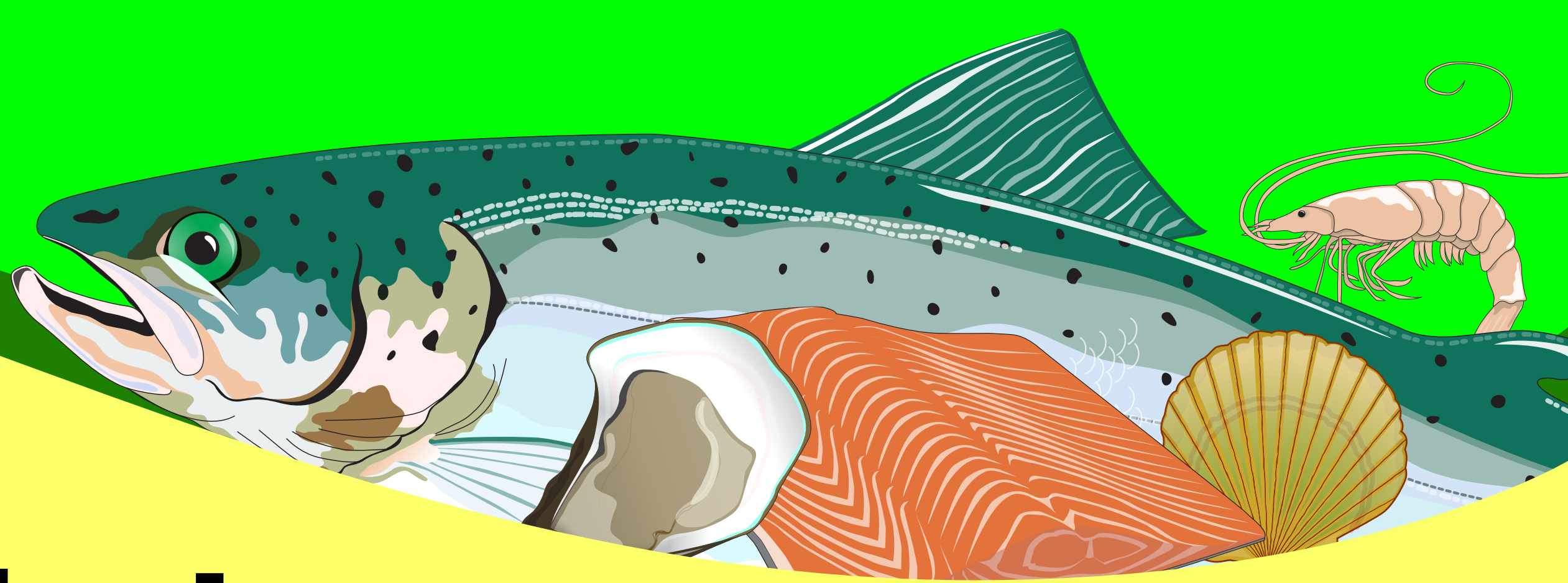


Seafood



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	mg	%DV	g	%DV	g	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV
Blue Crab	100	10	1	2	0	0	95	32	330	14	300	9	0	0	20g	0%	4%	10%	4%					
Catfish	130	60	6	9	2	10	50	17	40	2	230	7	0	17g	0%	0%	0%	0%	0%					
Clams , about 12 small	110	15	1.5	2	0	0	80	27	95	4	470	13	6	17g	10%	0%	8%	30%						
Cod	90	5	1	2	0	0	50	17	65	3	460	13	0	20g	0%	2%	2%	2%						
Flounder/Sole	100	15	1.5	2	0	0	55	18	100	4	390	11	0	19g	0%	0%	2%	0%						
Haddock	100	10	1	2	0	0	70	23	85	4	340	10	0	21g	2%	0%	2%	6%						
Halibut	120	15	2	3	0	0	40	13	60	3	500	14	0	23g	4%	0%	2%	6%						
Lobster	80	0	0.5	1	0	0	60	20	320	13	300	9	1	17g	2%	0%	6%	2%						
Ocean Perch	110	20	2	3	0.5	3	45	15	95	4	290	8	0	21g	0%	2%	10%	4%						
Orange Roughy	80	5	1	2	0	0	20	7	70	3	340	10	0	16g	2%	0%	4%	2%						
Oysters , about 12 medium	100	35	4	6	1	5	80	27	300	13	220	6	6	10g	0%	6%	6%	45%						
Pollock	90	10	1	2	0	0	80	27	110	5	370	11	0	20g	2%	0%	0%	2%						
Rainbow Trout	140	50	6	9	2	10	55	18	35	1	370	11	0	20g	4%	4%	8%	2%						
Rockfish	110	15	2	3	0	0	40	13	70	3	440	13	0	21g	4%	0%	2%	2%						
Salmon , Atlantic/Coho/Sockeye/Chinook	200	90	10	15	2	10	70	23	55	2	430	12	0	24g	4%	4%	2%	2%						
Salmon , Chum/Pink	130	40	4	6	1	5	70	23	65	3	420	12	0	22g	2%	0%	2%	4%						
Scallops , about 6 large or 14 small	140	10	1	2	0	0	65	22	310	13	430	12	5	27g	2%	0%	4%	14%						
Shrimp	100	10	1.5	2	0	0	170	57	240	10	220	6	0	21g	4%	4%	6%	10%						
Swordfish	120	50	6	9	1.5	8	40	13	100	4	310	9	0	16g	2%	2%	0%	6%						
Tilapia	110	20	2.5	4	1	5	75	25	30	1	360	10	0	22g	0%	2%	0%	2%						
Tuna	130	15	1.5	2	0	0	50	17	40	2	480	14	0	26g	2%	2%	2%	4%						

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