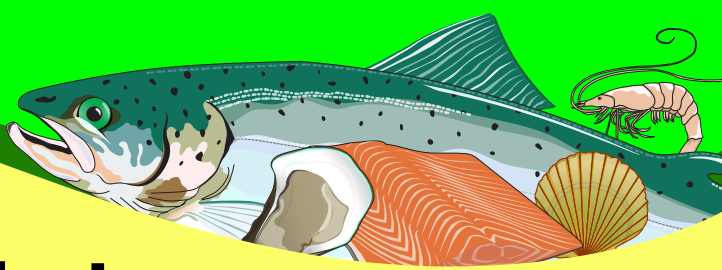


Seafood



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											
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.