



Seafood Health Facts: Making Smart choices Balancing the Benefits and Risks of Seafood Consumption *Resources for Healthcare Providers and Consumers*

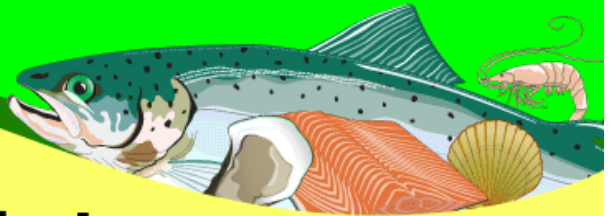
Fish and Shellfish Nutrient Composition [1]

Consumers frequently have questions about the amount of specific nutrients in various kinds of seafood. Because seafood is commonly sold from bulk displays in retail seafood markets and supermarkets, nutrition information that can usually be found on a package label isn't always available. Some retailers provide nutrition information that can be used to compare one type of fish or shellfish to another. In 1990 Congress passed the Nutrition Labeling and Education Act which required the U.S. Food and Drug Administration (FDA) to examine and make changes in the nutritional labeling of foods. The FDA decided that retailers must voluntarily provide nutrition information on fresh seafood, fruits and vegetables by displaying charts or giving customers access to nutrient information for the 20 most frequently consumed products in each category. The FDA also determined that for seafood, the amount of nutrients in a 3 ounce cooked portion would be made available.

The chart below from the FDA provides the nutrient composition for the 20 most frequently consumed seafood products. This chart contains the information that would be voluntarily posted at seafood retail stores in the U.S. Another source of information on the nutrient composition of seafood and other food products can be found in the U.S. Department of Agriculture Food and Nutrition Center's Nutrient Data Laboratory. This resource has a searchable tool to find nutrient composition data for 25 different food groups including finfish and shellfish products. [To view this resource click here](#) [2].

 [FDATop20SeafoodNutritionChart2006.pdf](#) [3] (2.75MB pdf)

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	%DV	%DV	
Blue Crab	100	10	1	2	0	0	95	32	330	14	300	9	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%									
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.

U.S. Food and Drug Administration

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Source URL:

<https://www.seafoodhealthfacts.org/seafood-nutrition/healthcare-professionals/fish-and-shellfish-nutrient-composition>

Links

[1]

<https://www.seafoodhealthfacts.org/seafood-nutrition/healthcare-professionals/fish-and-shellfish-nutrient-composition>

[2]

http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=279&level3_id=0&level4_id=0&level5_id=0&topic_id=1387&placement_default=0

[3]

<http://dev-seafoodhealthfacts.pantheon.io/sites/default/files/FDATop20SeafoodNutritionChart2006.pdf>