



# 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)



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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](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>

