Seafood Nutrients

This chart shows the nutrient profiles of several different types of seafood.
The rows highlighted in yellow are leaner types.
The rows highlighted in green are fattier, but tend to contain higher amounts of omega-3.

Seafood (3 oz)	Calories	Fat	Sat Fat	Cholesterol	Sodium	Protein	Vit A	Vit C	Calcium	Iron
Blue Crab	100	1 g	0 g	95 mg	330 mg	20 g	0%	4%	10%	4%
Catfish	130	6 g	2 g	50 mg	40 mg	17 g	0%	0%	0%	0%
Clams	110	1.5 g	0 g	80 mg	95 mg	17 g	10%	0%	8%	30%
Cod	90	1 g	0 g	50 mg	65 mg	20 g	0%	2%	2%	2%
Flounder	100	1.5 g	0 g	55 mg	100 mg	19 g	0%	0%	2%	0%
Halibut	120	2 g	0 g	40 mg	60 mg	23 g	4%	0%	2%	6%
Lobster	80	.5 g	0 g	60 mg	320 mg	17 g	2%	0%	6%	2%
Oysters	100	4 g	1 g	80 mg	300 mg	10 g	0%	6%	6%	45%
Trout	140	6 g	2 g	55 mg	35 mg	20 g	4%	4%	8%	2%
Salmon (A)	200	10 g	2 g	70 mg	55 mg	24 g	4%	4%	2%	2%
Salmon (B)	130	4 g	1 g	70 mg	65 mg	22 g	2%	0%	2%	4%
Shrimp	100	1.5 g	0 g	170 mg	240 mg	21 g	4%	4%	6%	10%
Tilapia	110	2.5 g	1 g	75 mg	30 mg	22 g	0%	2%	0%	2%
Tuna	130	1.5 g	0 g	50 mg	40 mg	26 g	2%	2%	2%	4%

Heart Healthy

The number of hearts on this chart represent the amount of omega-3 in various types of fish. Salmon, mackerel, and albacore tuna are all great, heart healthy choices!

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> 1,000 Milligrams	**500 – 1,000 Milligrams**	**250 – 500 Milligrams**	**< 250 Milligrams**
Anchovies	Alaskan Pollock	Catfish	Cod
Herring	Barramundi	Clams	Crayfish
Mackerel (Atlantic & Pacific	Crab	Flounder/Sole	Haddock
Oysters (Pacific)	Mussels	Grouper	Lobsters
Sablefish (Black Cod)	Salmon (Chum, Pink, Sockeye)	Halibut	Mahi Mahi
Salmon (Atlantic, Chinook, Coho)	Sea Bass	Mackerel (King)	Shrimp
Sardines (Atlantic & Pacific)	Squid	Perch	Scallops
Swordfish	Tilefish	Rockfish	Tilapia
Trout	Tuna (Albacore/White)	Snapper	Tuna (Yellowfin)
	Walleye	Tuna (Skipjack)	

Salmon A – Atlantic, Coho, Sockeye, Chinook
Salmon B- Chum, Pink