

Nutritional Value of Selected Types of Seafood

Species of Seafood	Nutrient content (per 100 grams cooked)																								
	Energy (kcal)	Protein (g)	Total fat (g)	Saturated fat (g)	Omega-3 fats			Omega-6 fats		Mono-unsaturated fat (g)	Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Magnesium (mg)	Selenium (µg)	Zinc (mg)	Potassium (mg)	Sodium (mg)	Vitamin A, RAE (µg)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (µg)	Vitamin C (mg)	Vitamin D (µg)
					DHA (g)	EPA (g)	ALA ^a (g)	AA (g)	LA ^b (g)																
Anchovy (canned in olive oil)	210	28.89	9.71	2.203	1.292	0.763	0.017	0.010	0.362	3.770	85	0.00	232	0.339	4.63	69	68.1	2.44	544	3668	12	0.203	0.88	0.0	1.730
Arctic char	158	26.00	5.00	0.900	0.400	0.500	0.1	tr	0.100	2.500	—	0.00	30	0.100	0.50	30	—	0.60	—	50	90	—	—	—	3.720
Blue mussels (boiled or steamed)	172	23.80	4.48	0.850	0.506	0.276	0.040	0.140	0.036	1.014	56	7.39	33	0.149	6.72	37	89.6	2.67	268	369	91	0.100	24.00	13.6	0.280
Capelin/Smelt	124	22.60	3.10	0.579	0.536	0.353	0.063	0.071	0.058	0.822	90	0.00	77	0.178	1.15	38	46.8	2.12	372	77	17	0.170	3.97	0.0	1.000
Cod																									
-Atlantic, scrod	105	22.83	0.86	0.168	0.154	0.004	0.001	0.028	0.006	0.124	55	0.00	14	0.036	0.49	42	37.6	0.58	244	78	14	0.283	1.05	1.0	0.700
-Pacific, gray	105	22.95	0.81	0.104	0.173	0.103	0.003	0.022	0.008	0.105	47	0.00	9	0.033	0.33	31	46.8	0.51	517	91	10	0.462	1.04	3.0	—
Flatfish (flounder, sole or plaice)	117	24.16	1.53	0.363	0.258	0.243	0.016	0.048	0.014	0.276	68	0.00	18	0.026	0.34	58	58.2	0.63	344	105	13	0.240	2.51	0.0	1.500
Haddock	112	24.24	0.93	0.167	0.162	0.076	0.003	0.029	0.012	0.151	74	0.00	42	0.033	1.35	50	40.5	0.48	399	87	19	0.346	1.39	0.0	0.290
Hake	116	23.48	1.69	0.400	0.235	0.283	0.013	0.020	0.020	0.445	84	0.00	62	0.040	0.42	27	41.1	0.53	434	132	34	0.180	2.60	0.0	—
Halibut, Atlantic or Pacific	140	26.69	2.94	0.417	0.374	0.091	0.083	0.178	0.038	0.967	41	0.00	60	0.035	1.07	107	46.8	0.53	576	69	54	0.397	1.37	0.0	4.800
Herring																									
-Atlantic herring	203	23.03	11.59	2.615	1.105	0.909	0.132	0.077	0.167	4.790	77	0.00	74	0.118	1.41	41	46.8	1.27	419	115	36	0.348	13.14	0.7	5.400
-Pacific herring	250	21.01	17.79	4.174	0.883	1.242	0.073	0.123	0.246	8.807	99	0.00	106	0.100	1.44	41	46.8	0.68	542	95	35	0.519	9.62	0.0	—
Lake whitefish (baked)	133	22.50	4.30	1.162	1.206	0.406	0.235	0.286	0.349	2.559	77	0.00	16	0.270	0.39	30	10.0	0.49	392	44	11	0.346	0.96	0.0	15.000
Lobster, Atlantic (boiled or steamed)	98	20.50	0.59	0.107	0.031	0.053	0.000	0.000	0.005	0.160	72	1.28	61	1.940	0.39	35	42.7	2.92	352	380	26	0.077	3.11	0.0	—
Mackerel, Atlantic	262	23.85	17.81	4.176	0.699	0.504	0.113	0.051	0.147	7.006	75	0.00	15	0.094	1.57	97	51.6	0.94	401	83	54	0.460	19.00	0.4	2.600
Monkfish	97	18.56	1.95	—	—	—	—	—	—	—	32	0.00	10	0.036	0.41	27	46.8	0.53	513	23	14	0.277	1.04	1.0	—
Oysters																									
-Atlantic oysters (farmed)	79	7.00	2.12	0.683	0.211	0.229	0.063	0.044	0.043	0.230	38	7.28	56	1.434	7.77	33	77.5	45.15	152	163	19	0.076	24.30	6.0	—
-Atlantic oysters (wild)	72	8.25	1.90	0.550	0.291	0.260	0.050	0.053	0.032	0.230	49	4.80	45	3.455	4.33	46	71.7	73.60	168	244	0	0.096	27.80	4.1	8.000
-Pacific oysters (boiled or steamed)	163	18.90	4.60	1.020	0.500	0.876	0.064	0.076	0.064	0.776	100	9.90	16	2.679	9.20	44	154.0	33.24	302	212	146	0.090	28.80	12.8	8.000
Perch																									
-Pacific ocean perch (Pacific rockfish)	121	24.04	2.01	0.474	0.262	0.181	0.022	0.021	0.038	0.447	44	0.00	12	0.037	0.53	34	46.8	0.53	520	77	71	0.270	1.20	0.0	1.700
-Atlantic ocean perch (Redfish)	121	23.88	2.09	0.313	0.271	0.103	0.073	0.005	0.036	0.801	54	0.00	137	0.033	1.18	39	55.5	0.61	350	96	14	0.270	1.15	0.8	—
Pollock																									
-Atlantic pollock	118	24.92	1.26	0.170	0.451	0.091	—	0.033	0.012	0.143	91	0.00	77	0.064	0.59	86	46.8	0.60	456	110	12	0.331	3.68	0.0	1.900
-Alaskan pollock	113	23.51	1.12	0.231	0.283	0.185	0.008	0.016	0.008	0.174	96	0.00	6	0.055	0.28	73	43.4	0.60	387	116	25	0.069	4.20	0.0	2.500
Sablefish	250	17.19	19.62	4.099	0.920	0.867	0.122	0.133	0.211	10.328	63	0.00	45	0.028	1.64	71	46.8	0.41	459	72	102	0.346	1.44	0.0	—
Salmon																									
-Atlantic salmon (farmed)	206	22.10	12.35	2.504	1.457	0.690	0.113	1.273	0.666	4.432	63	0.00	15	0.049	0.34	30	41.4	0.43	384	61	15	0.647	2.80	3.7	6.800
-Chinook salmon (wild)	231	25.72	13.38	3.214	0.727	1.010	0.110	0.197	0.136	5.742	85	0.00	28	0.053	0.91	122	46.8	0.56	505	60	149	0.462	2.87	4.1	22.600
-chum (keta) salmon (wild)	154	25.82	4.83	1.077	0.505	0.299	0.044	0.038	0.077	1.976	95	0.00	14	0.071	0.71	28	46.8	0.60	550	64	34	0.462	3.46	0.0	18.700
-coho salmon (wild)	139	23.45	4.30	1.054	0.658	0.401	0.055	0.022	0.056	1.581	55	0.00	45	0.071	0.61	33	38.0	0.56	434	58	38	0.568	5.00	1.4	16.900
-coho salmon (farmed)	178	24.30	8.23	1.944	0.871	0.408	0.076	0.094	0.373	3.618	63	0.00	12	0.089	0.39	34	14.1	0.47	460	52	59	0.568	3.17	1.5	—
-pink salmon (wild)	149	25.56	4.42	0.715	0.751	0.537	0.044	0.100	0.064	1.197	67	0.00	17	0.099	0.99	33	57.2	0.71	414	86	41	0.231	3.46	0.0	25.500
-sockeye (red) salmon (wild)	216	27.31	10.97	1.917	0.700	0.530	0.062	0.030	0.113	5.290	87	0.00	7	0.067	0.55	31	37.8	0.51	375	66	63	0.219	5.80	0.0	22.600

(cont'd) Species of Seafood	Nutrient content (per 100 grams cooked)																									
	Energy (kcal)	Protein (g)	Total fat (g)	Saturated fat (g)	Omega-3 fats			Omega-6 fats		Mono- unsat- urated fat (g)	Chole- sterol (mg)	Carbo- hydrate (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Magnesium (mg)	Selenium (µg)	Zinc (mg)	Potassium (mg)	Sodium (mg)	Vitamin A, RAE (µg)	Vitamin B ₆ (mg)	Vitamin B ₁₂ (µg)	Vitamin C (mg)	Vitamin D (µg)	
					DHA (g)	EPA (g)	ALA ^a (g)	AA (g)	LA ^b (g)																	
Salmon, canned																										
-chum (keta) (unsalted)	141	21.43	5.50	1.486	0.702	0.473	0.049	0.073	0.057	1.919	39	0.00	249	0.100	0.70	30	43.3	1.00	300	75	18	0.380	4.40	0.0	5.600	
-pink (unsalted)	136	16.30	7.40	1.652	1.083	0.605	0.084	0.148	0.120	1.825	23	0.00	211	0.084	1.07	31	33.2	0.76	333	75	17	0.210	3.48	0.3	14.525	
-sockeye (red) (unsalted)	163	16.80	10.10	2.332	1.113	0.739	0.086	0.144	0.144	4.385	25	0.00	228	0.069	0.89	28	35.4	0.77	349	62	53	0.240	3.50	0.0	19.500	
-sockeye (red) (salted)	163	16.80	10.10	2.332	1.113	0.739	0.086	0.144	0.144	3.162	25	0.00	228	0.069	0.89	28	35.4	0.77	349	415	53	0.240	3.62	0.0	19.500	
Sardines, Atlantic (canned with oil)	208	24.62	11.45	1.528	0.509	0.473	0.498	0.000	3.543	3.869	142	0.00	382	0.186	2.92	39	52.7	1.31	397	505	32	0.167	8.94	0.0	2.330	
Scallops, bay and sea (steamed)	112	23.20	1.40	0.146	0.199	0.166	0.000	0.042	0.007	0.068	53	0.00	115	0.300	3.00	55	27.9	3.00	476	265	30	0.100	1.30	0.0	0.000	
Shrimp, mixed species (boiled or steamed)	99	20.91	1.08	0.289	0.144	0.171	0.012	0.071	0.021	0.197	195	0.00	39	0.193	3.09	34	39.6	1.56	182	224	68	0.127	1.49	2.2	tr	
Snow crab (boiled or steamed)	115	23.72	1.51	0.183	0.145	0.332	0.003	0.042	0.008	0.328	71	0.00	33	0.621	2.88	63	44.4	3.59	200	691	52	0.173	10.38	7.2	—	
Tilapia	128	26.15	2.65	0.940	0.130	0.005	0.045*	0.035	0.285	0.955	57	0.00	14	0.075	0.69	34	54.4	0.41	380	56	0	0.123	1.86	0.0	—	
Trout, rainbow (farmed)	169	24.27	7.20	2.105	0.820	0.334	0.082	0.036	0.949	2.096	68	0.00	86	0.061	0.33	32	15.0	0.49	441	42	86	0.396	4.97	3.3	6.390	
Tuna, canned																										
-Light tuna (in water, unsalted)	116	25.51	0.82	0.230	0.223	0.047	0.000	0.034	0.009	0.160	30	0.00	11	0.051	1.53	27	80.4	0.77	237	50	—	0.350	2.99	0.0	0.920	
-Light tuna (in oil, salted)	198	29.13	8.21	1.534	0.101	0.027	0.074	0.000	2.683	2.949	18	0.00	13	0.071	1.39	31	76.0	0.90	207	354	23	0.110	2.20	0.0	0.920	
-White tuna (albacore) (in water, unsalted)	128	23.62	2.97	0.792	0.629	0.233	0.071	0.051	0.055	0.784	42	0.00	14	0.039	0.97	33	65.7	0.48	237	50	6	0.217	1.17	0.0	2.000	
-White tuna (albacore) (in oil, salted)	186	26.53	8.08	1.280	0.178	0.066	0.204	0.014	2.489	3.262	31	0.00	4	0.130	0.65	34	60.1	0.47	333	396	5	0.430	2.20	0.0	2.000	
Turbot, Greenland	239	18.42	17.74	3.102	0.504	0.674	0.055	0.078	0.158	10.742	59	0.00	4	0.038	0.85	33	46.8	0.51	344	103	18	0.485	0.96	0.0	19.000	

Source: [Canadian Nutrient File, 2007b](#). The nutrient content of the foods shown is an average and will vary somewhat according to the species, source and other factors. Unless otherwise indicated, the cooking method is “baked or broiled”.

^a Total 18:3 fatty acids (includes omega-3 [alpha-linolenic acid] and omega-6 [gamma-linolenic acid]), except for one case (Tilapia), as marked by an asterisk. For seafood, the total 18:3 fatty acid content consists mainly or entirely of alpha-linolenic acid but no analysis has been done for most species.

^b Total 18:2 fatty acids (includes linoleic acid and conjugated linoleic acid). For seafood the total 18:2 fatty acid content consists mainly or entirely of linoleic acid but no analysis has been done for these species.

— No data available

tr trace

DHA Docosahexaenoic acid (22:6n-3)

EPA Eicosapentaenoic acid (20:5n-3)

ALA Alpha-linolenic acid (18:3n-3)

AA Arachidonic acid (20:4n-6)

LA Linoleic acid (18:2n-6)

Note: The nutrients chosen for comparison generally include those that would be shown in the Nutrition Facts table of a food label along with others used by the Institute of Medicine expert committee in its report, [Seafood Choices: Balancing Benefits and Risks](#) (pages 46–47). Fibre and sugars were excluded because values for the seafood options presented are zero. Trans fat was excluded because the values were not available; the content is likely to be zero.