



NUTRITIONAL INFORMATION Serving Size: 3.5 oz.

	CALORIES	CALORIES FROM FAT	WATER	TOTAL FAT	SATURATED FAT	CHOLESTERAL	PROTEIN	IRON	SODIUM	OMEGA-3	
SPEICE FINFISH	ARTIC CHAR	104	32.6	78.1g	3.60g	1.0g	83mg	15.70g	0.30mg	58mg	0.376g
	BARRAMUNDI	108	8.0	76.35g	0.90g	0.4g	45mg	20.10g	N/A	40mg	N/A
	BASA, STRIPED PANGASIU (SWAI)	88	36.0	77.95g	4.00g	1.5g	45mg	13.00g	0mg	50mg	N/A
	BASS CHILEAN SEA	98	18.0	78.27g	2.00g	0.5g	41mg	18.43g	0.29mg	68mg	0.595g
	STRIPED BASS HYBRID	97	21.0	78.22g	2.33g	0.5g	80mg	17.73g	0.84mg	69mg	0.769g
	BLACK COD (SABLEFISH)	193	95.0	70.43g	3.17g	0.7g	49mg	13.30g	1.28mg	56mg	N/A
	CATFISH	95	25.0	80.36g	2.82g	0.7g	58mg	16.38g	0.30mg	43mg	0.435g
	COBIA	87	6.0	76.30g	0.64g	0.2g	40mg	18.99g	N/A	135mg	0.600g
	COD ATLANTIC/PACIFC	82	6.0	81.22g	0.67g	0.1g	43mg	17.81g	0.38mg	54mg	0.185g
	FLOUNDER/SOLE/FLUKE	91	10.7	79.06g	1.19g	0.3g	48mg	18.84g	0.36mg	81mg	0.207g
	GROUPE	92	9.2	79.22g	1.02g	0.2g	37mg	19.38g	0.89mg	53mg	0.257g
	HADDOCK	87	6.5	79.92g	0.72g	0.1g	57mg	18.91g	1.05mg	68mg	0.187g
	HALIBUT, PACIFIC	110	20.7	77.92g	2.29g	0.3g	32mg	20.81g	0.84mg	54mg	0.428g
	HOKI	82	5.7	81.28g	0.63g	0.1g	37mg	17.90g	0.26mg	71mg	0.217g
	MAHI MAHI	85	6.3	77.55g	0.70g	0.2g	73mg	18.50g	1.13mg	88mg	0.113g
	MONKFISH	76	13.7	83.24g	1.52g	0.3g	25mg	14.48g	0.03mg	18mg	N/A
	ORANGE ROUGHY	76	6.3	75.67g	0.70g	0.0g	60mg	16.41g	1.01mg	72mg	0.022g
	PERCH OCEAN	94	14.7	78.70g	1.63g	0.2g	42mg	18.62g	0.92mg	75mg	0.348g
	POLLOCK, ALASKAN	81	7.2	81.56g	0.80g	0.0g	71mg	17.18g	0.23mg	99mg	0.375g
	SALMON ATLANTIC	142	57.2	68.50g	6.34g	1.0g	55mg	19.84g	0.80mg	44mg	1.731g
	SALMON COHO	146	53.5	72.66g	5.93g	1.3g	45mg	21.62g	0.56mg	46mg	1.242g
	SALMON KING	179	94.1	71.64g	10.43g	3.1g	50mg	19.93g	0.25mg	47mg	2.041g
	SALMON SOCKEYE	168	77.2	70.24g	8.56g	1.5g	62mg	21.30g	0.47mg	47mg	1.264g
	SKATE	90	0.4	80.70g	1.00g	N/A	N/A	20.00g	N/A	N/A	0.100g
	RED SNAPPER GULF	100	12.1	76.87g	1.34g	0.3g	37mg	20.51g	0.18mg	64mg	0.315g
	SWORDFISH	121	36.2	76.62g	4.01g	1.1g	39mg	19.80g	0.81mg	90mg	0.825g
	TILAPIA	98	22.0	77.95g	2.40g	0.55g	50mg	18.50g	0.56mg	52mg	N/A
	TILEFISH	95	21.0	78.90g	0.44g	0.0g	50mg	17.35g	0.25mg	53mg	N/A
	TROUT RAINBOW	138	48.7	72.73g	5.40g	1.6g	59mg	20.87g	0.27mg	35mg	0.986g
	TROUT SEA	104	32.6	78.09g	3.61g	1.0g	83mg	16.74g	0.27mg	58mg	0.376g
	TUNA ALBACORE	179	69.0	64.00g	8.10g	1.9g	43mg	26.50g	N/A	54mg	1.600g
	TUNA BIG EYE	108	8.6	70.99g	0.95g	0.2g	45mg	23.38g	0.73mg	37mg	0.230g
TUNA BLUEFIN	144	44.2	68.09g	4.90g	1.3g	38mg	23.33g	1.02mg	39mg	1.173g	
TUNA YELLOWFIN	108	9.0	70.99g	0.95g	0.2g	45mg	23.38g	0.73mg	37mg	0.326g	
TURBOT	95	26.6	76.95g	2.95g	0.7g	48mg	16.05g	0.36mg	150mg	0.000g	
WHITING	90	11.8	80.27g	1.31g	0.2g	67mg	18.61g	0.34mg	72mg	0.258g	
SPEICE SHELLFISH	CLAMS QUAHOG	74	8.7	81.82g	1.00g	0.1g	34mg	12.77g	13.98mg	56mg	0.146g
	CRAB BLUE	87	9.7	79.02g	1.08g	0.2g	78mg	18.06g	0.74mg	293mg	0.320g
	CRAB DUNGENESS	86	8.7	79.18g	0.97g	0.1g	59mg	17.41g	0.37mg	295mg	0.307g
	CRAB KING	84	5.4	79.57g	0.60g	0.1g	42mg	18.29g	0.59mg	836mg	N/A
	CRAB SNOW	90	10.6	80.58g	1.18g	0.1g	55mg	18.50g	2.50mg	539mg	0.370g
	CRAWFISH	77	8.6	82.24g	0.95g	0.2g	114mg	15.97g	0.84mg	58mg	0.174g
	LANGOSTINO	128	21.0	80.15g	2.33g	0.0g	186mg	25.67g	2.70mg	175mg	0.00g
	LOBSTER AMERICAN	90	8.1	76.76g	0.90g	0.2g	95mg	18.80g	0.30mg	296mg	N/A
	LOBSTER SPINY	112	13.6	74.07g	1.51g	0.2g	70mg	20.60g	1.22mg	177mg	0.381g
	MUSSEL BLUE	86	20.2	80.58g	2.24g	0.4g	28mg	11.90g	3.95mg	286mg	0.461g
	MUSSEL GREEN	86	20.2	80.58g	2.24g	0.4g	28mg	11.90g	3.95mg	286mg	0.461g
	OYSTER EASTERN	68	22.2	85.16g	2.46g	0.8g	53mg	7.05g	6.66mg	211mg	0.610g
	OYSTER PACIFIC	81	20.7	82.06g	2.30g	0.5g	50mg	9.45g	5.11mg	106mg	0.720g
	SCALLOP BAY	88	6.9	78.57g	0.76g	0.1g	33mg	16.78g	0.29mg	161mg	0.198g
	SCALLOP SEA	88	6.9	78.57g	0.76g	0.1g	33mg	16.78g	0.29mg	161mg	0.198g
	SHRIMP BLACK TIGER	95	5.0	75.90g	0.60g	0.0g	96mg	19.20g	0.00mg	185mg	N/A
	SHRIMP GULF	95	5.0	75.90g	0.60g	0.0g	96mg	19.20g	0.00mg	185mg	N/A
SHRIMP WHITE VANNAMEI	106	15.6	75.86g	1.73g	0.3g	152mg	20.31g	2.41mg	148mg	0.494g	
SQUID LOLIGO	92	12.4	78.55g	1.38g	0.4g	233mg	15.58g	0.68mg	44mg	0.492g	