

SEAFOODS	<u>Total Calories</u>	<u>Protein</u>	<u>Carbohydrates</u>	<u>Total Fat</u>	<u>Saturated Fat</u>	<u>Omega- 3 Fatty Acids</u>	<u>Cholesterol</u>	<u>Sodium</u>	<u>Vitamin A</u>	<u>Vitamin C</u>	<u>Calcium</u>	<u>Iron</u>
3 oz., w/o skin				grams			milligrams			% of Daily Value		
Blue Crab, steamed	90	19	0	1	0	0.4	80	310	*	*	9	4
Catfish, baked	120	19	0	5	1	0.3	60	65	*	*	3	5
Clam, steamed, 12 small	130	22	4	2	0	0.2	60	95	10	*	8	130
Cod, broiled	90	19	0	1	0	0.1	50	60	*	2	*	2
Flounder, baked	100	20	0	1	0	0.4	50	85	*	*	2	2
Lobster, boiled	100	20	1	1	0	0.1	100	320	*	*	5	2
Oyster, steamed, 12 medium	120	12	7	4	1	0.7	90	190	*	*	8	65
Rainbow Trout, broiled	130	22	0	4	1	0.6	60	30	*	5	7	10
Rockfish, baked	100	20	0	2	0	0.4	40	65	4	*	*	3
Salmon, Atlantic, baked	150	22	0	7	1	1.6	50	50	*	2	*	4
Salmon, Coho, baked	150	22	0	7	1	0.9	50	50	*	2	*	4
Scallop, broiled, 6 large or 14 small	150	29	2	1	0	0.2	60	275	*	3	2	*
Shrimp, boiled	110	22	0	2	0	0.3	160	155	*	3	3	15
Whiting, baked	100	19	0	1	0	0.7	70	75	2	*	5	2
Mussels, steamed	150	20	6	4	1	0.7	50	310	NA	NA	NA	3
Bass, baked	100	20	0	2	1	0.6	40	70	4	*	*	*
Sea Trout, baked	120	18	1	5	1	0.4	90	60	*	*	*	*
Squid, fried	150	15	7	6	2	0.5	220	260	*	*	4	4
Whitefish, baked	140	20	1	6	1	1.4	60	55	4	*	*	2