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# Proximate Composition, Energy, Fatty Acid, Sodium, and Cholesterol Content of Finfish, Shellfish, and their Products

Judith Krzynowek  
Jenny Murphy

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U.S. DEPARTMENT OF COMMERCE  
National Oceanic and Atmospheric Administration  
National Marine Fisheries Service

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46. Distribution and relative abundance of pelagic nonsalmonid nekton off Oregon and Washington 1979-84, by Richard D. Brodeur and William G. Pearcy. December 1986, 85 p.

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Malcolm Baldrige, Secretary

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# Proximate Composition, Energy, Fatty Acid, Sodium and Cholesterol Content of Finfish, Shellfish, and their Products

JUDITH KRZYNOWEK

JENNY MURPHY

*Northeast Fisheries Center*

*Gloucester Laboratory*

*National Marine Fisheries Service, NOAA*

*Gloucester, MA 01930*

## ABSTRACT

This document contains data concerning the proximate composition and energy, fatty acid, sodium, and cholesterol content of finfish, shellfish, and their products as listed in 228 articles published between the years of 1976 and 1984. Also included is a systematic index of the species as referenced in this document listed alphabetically by scientific name.

## INTRODUCTION

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The role of nutrition and diet in human health has been well established, but it has only recently become popular for a large segment of the U.S. population to actively select foods for health maintenance and disease prevention. The current wave of scientific and popular literature which correlates traditional, cultural diets with the incidence of disease has brought seafood to the attention of the health-conscious public. Epidemiological studies have shown that those cultures which predominantly consume fish have low incidence of heart attacks (Lands 1986; Nettleton 1985). These studies and their implications have generated considerable interest in the United States, where heart disease is the leading cause of death. There are unique polyunsaturated fatty acids in seafood which are purported to have a therapeutic effect in the prevention of cardiovascular disease. Those present in largest amounts are eicosapentaenoic acid and docosahexaenoic acid—popularly called EPA and DHA, respectively.

Concurrent with the recommendation to consume more fish for the prevention of heart disease, consumers are being advised to lower their fat intake, decrease the amount of saturated fats, keep the consumption of cholesterol below certain limits, and to omit salt from their diet. Nutritional information on seafood is currently available as isolated pockets of data from various laboratories, in Watt and Merrill (1963), and in Sidwell (1981). The latter is an extensive review of the nutritional literature through 1975 for many nutritional components.

The primary objective of this document is to provide a consolidated update of seafood nutritional data. It consists of a review of 228 publications from 1976 through 1984 and contains values for proximate composition, energy, total polyunsaturated fatty acids, sodium, and cholesterol content.

## DISCUSSION

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This document contains data from 228 publications and some unpublished data from the National Marine Fisheries Service, Northeast Fisheries Center, Gloucester, MA. Publications searched were limited by three criteria: (1) published 1975-84; (2) English text; and (3) species familiar and/or available to the U.S. consumer.

Finfish and shellfish are separated into two tables and are listed alphabetically by common name. The scientific name is provided only if the investigator supplied the information; otherwise, the scientific name is listed as "Unspecified." Finfish for which only the scientific name was specified are listed alphabetically at the end of Table 1. A systematic index has also been provided listing species alphabetically by scientific name for cross-reference. If the scientific name was not provided in the reference, then the finfish and/or shellfish were not included in this index.

The column labeled "Description" briefly describes the sample used to generate the data. Unless otherwise specified, all samples were uncooked and unprocessed. "Fresh" means the sample was analyzed within 24 hours of capture, while "fresh frozen" means the sample was frozen within 24 hours of capture. "Frozen" indicates that the sample had been frozen prior to analysis, but the length of frozen storage and the time between capture and freezing were not specified. "Raw" is assigned to samples uncooked, never frozen, but of questionable freshness, such as store-bought fish. The analysis of seafood has become very specialized, and the portions analyzed and reported have expanded from fillets and whole fish to include such items as mechanically deboned meat or the

triglyceride fraction of the fat, etc. The amount of explanation required to define a sample, therefore, has become rather extensive, and many other abbreviations have been included, all of which are detailed in the Legend.

The column labeled "Location" is the geographic area of catch. For the most part, specific areas of catch were simplified into quadrants of the Pacific and Atlantic Oceans (e.g., NW Atlantic). This was done to (1) eliminate the need for many abbreviations such as OR and WA, many of which are not universally understood, and (2) clarify the general area of catch, because some articles mentioned local waterways (e.g., Casco Bay), which were not found on the world map. The majority of the catch was from the Northwest (NW) Atlantic and the Northeast (NE) Pacific.

Moisture, protein, fat, ash, and carbohydrate are expressed as standard proximate composition. Values from two or more sources for any one component of a given species were reported individually and not averaged, due to the complexity of calculating an accurate average given the wide variety of sampling techniques. Some subjective liberties were taken in handling data from different sources. Some of the literature, for example, contained reams of data generated over many months of observation, while others contained observations of 100 individual fish of one species. The former data lent itself to reporting a range, while the latter (which might vary by only one decimal point) lent itself to averaging and reporting individual data points. It is recommended that the referenced articles be perused in their entirety for the actual data handling.

Fat and moisture content for any one species fluctuates depending on season and location of catch, size, spawning cycles, etc., and variability can be expected in the data. Moisture content may also fluctuate on frozen samples depending on drip loss during thawing. A frozen, retail product may have gone through several freeze/thaw cycles before it was analyzed, thus affecting the drip loss and subsequent moisture determination. This loss in moisture content is reflected as a gain in the other constituents of the proximate composition.

The caloric content was supplied in the table only if provided in the source article. The energy value can be estimated by the following formula:

$$\text{Energy value (estimated)} = (4 \times \text{protein}) \\ + (4 \times \text{carbohydrate}) + (9 \times \text{fat}).$$

Large fluctuations in the fat content would be reflected in a wide range of caloric values.

The value in the "PUFA" column shows the percentage of total fatty acids present as polyunsaturated fatty acids (PUFA). Polyunsaturated fatty acids are those fatty acids with two or more sites of unsaturation (i.e., two or more double bonds). Saturated fats (no double bonds) and monoenes (one double bond) account for the remaining percentile. If the PUFA is reported as percent wet weight (WW), the author has provided the data as the percent of the tissue sampled. The latter is very useful for calculating the amount of the diet consumed as PUFA. Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) comprise a major portion of the PUFA and are the fatty acids which are purported to be therapeutically beneficial in the prevention of cardiovascular disease.

There is a wide range of sodium content in seafood. Unprocessed, straight-from-the-sea seafood has relatively small amounts of sodium. Breeding, brining, and canning, to mention a few practices, contribute to higher sodium content. Shellfish are sometimes sprayed with a sodium salt solution for the maintenance of color and quality, and finfish fillets are often treated with a sodium salt

dip to preserve texture and reduce drip loss. This will also be reflected in elevated sodium levels in the thawed product. There is a slight uptake of sodium into the flesh of fish held at sea in recirculated seawater. Smoked products will have a high sodium content because they are cured with salt prior to smoking.

The American Heart Association has established the following guidelines for ingestion of cholesterol: 300 mg/day for adult men and 225 mg/day for adult women. Finfish are generally low in cholesterol (about 50-70 mg/4 oz. serving), and 95-99% of their total sterols are present as cholesterol. Cholesterol is also the major sterol in shellfish that eat other animals, such as crabs, lobster, squid, and shrimp. These shellfish have higher levels of cholesterol than finfish. However, shellfish such as mussels, oysters, and clams (the bivalves), which subsist on algae, have low levels of cholesterol, about 30-50% of total sterols, and the balance are plant sterols. Some authors have chosen to report cholesterol as a percentage of total sterols. This does not provide information on cholesterol levels in the sample tissue. Cholesterol is a constituent of the fat and, as such, can be expected to fluctuate with season, geographic location, and sex. It is not unreasonable to anticipate  $\pm 20\%$  variability around the values given in the table.

This document is intended for general use. Many details such as specific area of capture, exact numbers used to generate the average, or minute description of the samples are best found by perusing the referenced articles. It should be remembered that finfish and shellfish are dependent on type and availability of food, unlike domesticated animals bred for human consumption which are fed a constant diet year-round. Thus, the data in these tables can provide only approximate amounts of the various components. Data accumulated over a year or more on any one species, and at monthly intervals on all sizes and spanning all locations where it can be found, would more accurately describe the species. In general, however, finfish are low in sodium, cholesterol, and fat. Shellfish are low in fat, a little higher in sodium, and the cholesterol varies depending on their feeding habits. All seafood contains the fatty acids EPA and DHA making seafood a healthy addition to any diet.

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**Tables 1 and 2—Proximate composition, energy, polyunsaturated fatty acid, sodium, and cholesterol content of finfish, shellfish, and their products.**

ABBREVIATIONS					
BW	Brackish water	gr	Ground	SW	Seawater
DHA	Docosahexaenoic acid	HD	Hand deboned	TG	Triglyceride
DW	% dry weight	HS	Hand skinned	TL	% total lipids
E	East	MD	Mechanically deboned	Tr	Trace
EPA	Eicosapentaenoic acid	MS	Mechanically skinned	TS	% total sterols
FA	Fatty acids	NL	Neutral lipids	unsap.	Unsaponifiable
FFA	Free fatty acids	PL	Phospholipid	XS	Cross section
fr.	Freeze	PUFA	Polyunsaturated fatty acids	W	West
FW	Freshwater	RDA	Recommended Daily Allowance	WW	% wet weight

Table 1—Finfish											
Common/scientific names		Moisture	Protein	Fat	Ash	Carbo- hydrate	Energy	PUFA	Na	Choles- terol	Source
Description	Location	(%)	(%)	(%)	(%)	(%)	(Cal/100g)	(% total FA)	(mg%)	(mg%)	no.
<b>Alewife, <i>Alosa pseudoharengus</i></b>											
Fresh, frozen, whole, ground	Lake Michigan	72.8		7.5	3.0		163.6				129
Commercial oil from whole fish	Unspecified			9.6						8.5 mg TL	6
<b>Alfonsino, <i>Beryx splendens</i></b>											
Fillet, frozen	N.Z.	77.3	18.6	2.6	1.2						152
Whole body, frozen	N.Z.			6.2							152
<b>Anchovetta, <i>Engraulis ringens</i></b>											
Oil	Chile:										
	Arica							27.0			3
	San Vicente							37.7			3
	Talcahuano							36.9			3
<b>Anchovy</b>											
Unspecified											
Oil	Mexico:										
	1975							43.30			2
	1978							36.20			2
Oil	Chile:										
	San Vicente							37.70			2
	Talcahuana							37.10			2
Commercial oil	Peru							32.50			1
Commercial oil	S. Africa							32.06			3
Oil	Peru							43.60			3
<b><i>Anchoviella commersonii</i></b>											
Fillet, midline, muscle, skin XS	Malaysia, retail			0.7				50.20			34
<b>Anchovy, Chile, <i>Engraulis ringens</i></b>											
Unspecified	Unspecified							PL 28.00 TG 26.10			2
<b>Anchovy, European, <i>Engraulis encrasicolus</i></b>											
Fillet	Unspecified			6.4				1.15 WW			27
<b>Anchovy, Japanese, <i>Engraulis japonica</i></b>											
Adult:											
flesh	Japan			1.3-10.7				29.2			50
viscera	Japan			2.6-26.1				27.2			50
Juvenile:											
flesh	Japan			0.9-2.4				29.3			50
viscera	Japan			1.8-10.0				32.5			50
<b>Anchovy, Madura, <i>Thrissocles kammalensis</i></b>											
Edible meat	Unspecified			0.6				34.2			125
<b>Anchovy, Pacific, Unspecified</b>											
Commercial oil	NE Pacific							37.39			3
<b>Argentine, Unspecified</b>											
Flesh, iced 2 d, then frozen	Nova Scotia			2				19			74
<b>Argentine, Atlantic, <i>Argentina silus</i></b>											
Fillet	Unspecified			3.5				0.04 WW			27

**Table 1—Finfish (Continued)**

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
<b>Barb</b> , <i>Filamented, Puntius filamentosus</i> Fresh muscle	India			1.14				29.26			149
<b>Barracouta</b> , <i>Thyrsites atun</i> Frozen fillet	N.Z.	73	21.0	4.9	1.5			40.50	70		122
<b>Barramundi</b> , Unspecified Fresh fillet	Sydney, retail			2.1				34.6		46	121
<b>Barramundi</b> <i>Lates</i> sp. Fresh, frozen fillet	NW Australia			0.6				44.10			136
<i>Lates calcarifer</i> Fillet	Australia, retail			0.8				32.60			33
<b>Bass</b> , <i>Pristipomoides typus</i> Fillet, midline, muscle/skin XS	Malaysia, retail			1.6				36.30			34
<b>Bass</b> , Largemouth, Unspecified Fresh, frozen fillet	N.Y. State			1.3				43.10			77
Fresh fillet	N.Y. State							40.10			76
<b>Bass</b> , Rock, <i>Ambloplites rupestris</i> Fresh, frozen fillet	N.Y. State	80.5	17.8	0.7	1.0				50	50	78
Fresh, frozen fillet	N.Y. State			0.7				42.90			77
Raw edible portion	Unspecified	80.5	17.8	0.7	1.0						83
<b>Bass</b> , Striped, <i>Morone saxatilis</i> Fillet	Unspecified			2.1				0.71 WW			27
Eggs: yolk	San Fransisco Bay			3.8				36.50			26
oil globule				100.0				25.10			26
<b>Bass</b> , White, <i>Morone chrysops</i> Fresh, frozen fillet	N.Y. State	74.3	20.2	3.8	1.2				70	68	78
Fresh, frozen fillet	N.Y. State			2.1				31.60			77
<b>Batfish</b> , Spotted, <i>Drephane</i> sp. Fresh, frozen fillet	NW Australia			1.7				43.30			136
<b>Bloater</b> , Unspecified Grilled flesh	Unspecified	55.6	23.5	17.4		0	251		700		118
<b>Bloater</b> , <i>Coregonus hoyi</i> Fresh, frozen, whole, ground	Lake Michigan	65.7		16.0	2.1		2.360				129
<b>Bluefish</b> , <i>Pomatomus saltatrix</i> Edible, raw, skinned portion, iced <2 d	Virginia, retail	70.16	19.56	2.00	1.12				31.8		8
Same as above but cooked	Virginia, retail	62.74	24.40	1.98	1.35				29.7		8
<b>Bluefish</b> , Boston, Unspecified Breaded	Retail			7.4				1.2 WW			1
In batter, frozen	Retail			7.4						9.6	79
<b>Bluegill</b> , <i>Lepomis macrochirus</i> Fresh, frozen fillet	N.Y. State	81.3		0.69				0.25 WW		38	99
Above but baked	N.Y. State	70.5		1.19				0.52 WW		50	99
Above but pan fried	N.Y. State	65.6		6.25				1.97 WW		20	99
Above but deep fried	N.Y. State	49.7		18.44				4.80 WW		100	99
<b>Boal fish</b> , <i>Wallago attu</i> Body	India			2.55				40.60			32
Liver	India			7.5				34.80			32
<b>Bream</b> , Unspecified Fresh fillet	Sydney, retail			1.6				44.9		68	121
Unspecified	Sydney, retail			4.0				19.5		139	120
<b>Bream</b> , Rays, <i>Brama brama</i> Fillet	N.Z.	75.6	20.8	1.5	1.9						153
Whole body	N.Z.	72.0	18.6	5.5	3.9						153
<b>Bullhead</b> , Brown, <i>Ictalurus nebulosus</i> Fresh, frozen fillet	N.Y. State	78.5	18.6	2.7	1.1				60	75	78
Fresh, frozen, fillet, male	N.Y. State			2.82							76
Same as above but female	N.Y. State			2.21							76
Fresh, frozen fillet	N.Y. State			2.1				31.30			77
<b>Burbot</b> , <i>Lota lota</i> Fresh, frozen fillet	N.Y. State	78.4	20.7	0.7	1.1				70	85	78
Fresh, frozen fillet	N.Y. State			0.5				51.40			77

Table 1—Finfish (Continued)

Common/scientific names		Moisture	Protein	Fat	Ash	Carbo- hydrate	Energy	PUFA	Na	Choles- terol	Source
Description	Location	(%)	(%)	(%)	(%)	(%)	(Cal/100g)	(% total FA)	(mg%)	(mg%)	no.
<b>Burbot, <i>Lota lota</i> (continued)</b>											
Fillet	Unspecified			1.2				0.32 WW			27
Mature roe, fresh, unwashed	Finland	64.5	16.2	9.4	1.4						156
Mature roe, fresh, washed	Finland	77.7	13.2	6.8	0.6						156
Roe, unwashed	Finland							51.00			72
Roe	Finland			7.0							70
Posterior fillet	Lake Michigan			0.76							91
Anterior fillet	Lake Michigan			0.41							91
Belly flap	Lake Michigan			0.57							91
<b>Butterfish</b>											
<i>Peprilus triacanthus</i>											
Fresh fillet	NW Atlantic	80.4		1.6	1.45			40.2		47.8	82
1st fr. thaw cycle	NW Atlantic	83.5		1.9				30.1		48.6	82
3rd fr. thaw cycle	NW Atlantic	81.8		0.8	1.02			44.4		48.8	82
<i>Psenopsis anomala</i>											
Flesh	Japan			1.8				19.5			161
<b>Callop, <i>Macquaria ambigua</i></b>											
Fillet	Australia, retail			7.7				36.70			33
<b>Capelin, Unspecified</b>											
Whole fish	Norway								13.25		66
Muscle & skin lipids	Unspecified							16.4			2
Muscle & skin lipids	Unspecified			10.8							2
Commercial oil	Unspecified							18.7			2
Commercial oil	Canada							12.20			1
Unspecified	Norway			11.10				18.3			87
								EPA & DHA only			
<b>Capelin (Nonspawning), <i>Mallotus villosus</i></b>											
Fresh, frozen, gutted, & headed	NW Atlantic	69.83		12.00							15
<b>Capelin (Spawning males), <i>Mallotus villosus</i></b>											
Fresh, frozen, gutted & headed	Newfoundland	85.1		1.3							133
<b>Capelin (Summer), <i>Mallotus villosus</i></b>											
Whole	Barents Sea	66.5	12.5	18.3	1.7			PL 58.60 TG 24.40			25
Mince	Barents Sea	77.7	20.3	1.6	0.4			PL 65.50 TG 23.30			25
Oil	Barents Sea							FFA 33.50 TG 24.70			25
<b>Capelin, <i>Mallotus villosus</i></b>											
Eviscerated	Unspecified			3.9				0.73 WW			27
Triglycerides:											
lean	Unspecified							10.60			2
fat	Unspecified							16.90			2
Whole	Norway		13.4	10.1	1.9			32			3
Muscle & skin lipids	Unspecified							16.4			126
Commercial oils	NW Atlantic							14.00			42
Commercial oils	Unspecified							18.7			126
Ripe roe, frozen	Scotland	70		26.3 DW				PL 49.00 NL 35.20		3.1 TL	146
<b>Cardinalfish, <i>Epigonus</i> sp.</b>											
Fillet, frozen	N.Z.	78.6	19.0	1.7	1.0						152
Whole body, frozen	N.Z.			9.1							152
<b>Carp</b>											
Unspecified											
Oil	Unspecified							21.20			1
Unspecified	Japan			5.74						720	1
<i>Cyprinus carpio</i>											
Raw mince	Unspecified			5.44				1.57 WW			95
Baked mince	Unspecified			5.85				1.73 WW			95
Deep fried mince	Unspecified			11.31				4.19 WW			95
Fillet	Israel, retail	73.1	16.7	9.2	1.0						7
Fresh, frozen fillet	N.Y. State	78.4		2.0	1.1						78
Fresh, frozen fillet	N.Y. State			2.0							77
Fillet	Unspecified			4.2				0.83 WW			27
Various	Unspecified			6.2				1.35 WW		680	27

Table 1—Finfish (Continued)

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
<b>Carp, <i>Cyprinus carpio</i> (continued)</b>											
MD	Michigan	69.95	13.53	15.56	0.96			PL 0.97 WW NL 2.44 WW		680	109
HD	Michigan	68.89	16.84	13.38	0.89			PL 0.97 WW NP 2.06 WW		350	109
Flesh	Michigan							35.49		309.89	109
Frozen minced	Unspecified			5.27				1.29 WW			98
Above but baked	Unspecified							1.46 WW			98
Above but deep fried	Unspecified							3.91 WW			98
Body:											
manure fed	Israel	71.53	15.35	10.90	2.43			19.00			148
pellet fed	Israel	70.0	16.2	11.9	2.3			17.30			148
pellet & oil fed	Israel	68.1	16.0	14.2	2.3			17.20			148
<b>Carp, Crucian, <i>Carassius carassius</i></b>											
Flesh	Japan			1.1				28.2			161
<b>Carp, Indian, <i>Puntius sarana</i></b>											
Whole	India			7.27				11.72			104
<b>Carp, Silver, <i>Hypophthalmichthys molitrix</i></b>											
Fillet	Israel, retail	75.8	16.7	6.4	1.1						7
<b>Catfish, Unspecified</b>											
Raw	Unspecified								59		131
Oil (muscle)	Unspecified							12.7-35.0			1
Muscle	European waters			1.05-4.20						30.2-56.0	1
<b>Catfish, Channel</b>											
Unspecified											
Fillet	Unspecified			3.6				0.90 WW			27
<b><i>Ictalurus punctatus</i></b>											
Fillet	Unspecified			3.6				0.90 WW			28
<b>Catfish, Fork-tailed, <i>Arius</i> sp.</b>											
Fresh, frozen fillet	NW Australia			1.4				38.30			136
<b>Catfish, Giant, <i>Netuma thalassinus</i></b>											
Fresh muscle	India			2.03				24.41			149
<b>Catfish, Marine, <i>Arius dussumieri</i></b>											
Fresh muscle	India			4.86				25.82			149
<b>Catfish, Stinging, <i>Heteropneustes fossilis</i></b>											
Fresh muscle	India			0.86				22.87			149
<b>Char, Arctic, <i>Salvelinus alpinus</i></b>											
Frozen muscle	Arctic Bay	68.2	24.5	7.7					95		58
<b>Chromide, Orange, <i>Etroplus maculatus</i></b>											
Fresh muscle	India			1.16				32.05			149
<b>Cisco (Tullibee), <i>Coregonus artedii</i></b>											
Fillet	Unspecified			2.5				0.76 WW			27
<b>Coalfish, Unspecified</b>											
Muscle	European waters			0.56-0.83						46.0-53.0	1
<b>Cod, Unspecified</b>											
Liver oil	Unspecified							30.00			43
Liver Oil	Unspecified							44.30			16
Unspecified	Unspecified									43.0-53.9	143
Skinless	Unspecified									61.2	143
Muscle oil	U.K.							PL 55.10			1
Fillet	Retail			0.7							1
Fillet	Retail			0.65				0.2 WW		26.0	79
Breaded sticks	Retail			8.3				0.4 WW			1
Breaded sticks	Retail			8.35				0.45 WW		14.1	79
Muscle	European waters			0.3-0.57						20.0-40.0	1
Fresh	N. America			0.3						50	1
Dried	N. America			0.7						82	1
Roe	Norway			0.8					43.1		87
								EPA & DHA only			
Milt	Norway			8.6				39.8			87
								EPA & DHA only			
Soft roe	Norway								172.50		66
Roe	Norway								170.00		66
Unspecified	Sydney, retail			1.1				44.60		42	120
Fresh fillet	Retail	82.1	17.4	0.7	0	76			77		118
Frozen steaks	Retail	83.9	15.6	0.6	0	68			68		118
Baked with butter	Unspecified	76.6	21.4	1.2	0				96	340	118
Fried in batter	Retail	60.9	19.6	10.3	7.5	199			100		118

Table 1—Finfish (Continued)

Common/scientific names		Moisture	Protein	Fat	Ash	Carbo- hydrate	Energy	PUFA	Na	Choles- terol	Source
Description	Location	(%)	(%)	(%)	(%)	(%)	(Cal/100g)	(% total FA)	(mg%)	(mg%)	no.
<b>Cod (continued)</b>											
Unspecified (continued)											
Grilled steaks, butter & salt added	Unspecified	78.0	20.8	1.3		0	95		91		118
Poached in milk, butter & salt added	Unspecified	77.7	20.9	1.1		0	94		110		118
Steamed	Unspecified	79.2	18.6	1.0		0	83		100		118
Smoked, raw	Retail	78.0	18.3	0.6		0	79		1170		118
Poached in milk, butter added	Unspecified	73.7	21.6	1.6		0	101		1200		118
Dried, boiled in salt	Unspecified	64.9	32.5	0.9		0	138		400		118
Roe, raw	Unspecified	70.0	24.3	1.7		0	113				118
Roe, parboiled, then fried in crumbs	Unspecified	62.0	20.9	11.9		3.0	202		130		118
Breaded	Europe			0.98						32.2	1
Fillet	Europe			0.41						41.2	1
In bars	Europe			0.53						34.8	1
Fillet, MS	Unspecified	82.90	4.06	1.90	1.52						30
<i>Gadus morhua</i>											
Fillet	Unspecified			0.73				0.25 WW			27
Flesh	Unspecified							TG 17.90			2
Liver	Unspecified							TG 29.30			2
Thick steak	Unspecified			0.94							28
Tail steak	Unspecified			1.16							28
Fillet	Unspecified			0.73				0.26 WW			28
Flesh	Unspecified			0.61							28
Fresh fillet	NW Atlantic	81.5		0.6	0.9			60.5		46.0	82
1st fr.thaw cycle	NW Atlantic	81.1		0.6	0.8			57.9		50.5	82
3rd fr.thaw cycle	NW Atlantic	80.6		0.6	1.0			57.4		43.0	82
Skinless fillet	NW Atlantic	82.4	16.0	0.48	1.12					48.1	85
Minced:											
skin on fillet	NW Atlantic	82.0	16.7	0.42	0.89					45.0	85
V-cuts	NW Atlantic	80.9	17.3	0.55	1.15					5.3	85
belly flaps	NW Atlantic	81.7	17.3	0.52	0.49					55.3	85
Whole, fillet frozen	NW Atlantic			0.7				42.30			40
Whole, livers frozen	NW Atlantic			52.6				31.50			40
Liver oil	Nova Scotia							32.0			3
Fresh, frozen fillet	NE Pacific	81.37	17.57	0.63	1.18						80
White muscle	Unspecified			0.59							2
Fresh, edible portion	New England, retail	80.90	18.42	0.42	0.92				22.77	21.14	64
Smoked fillet	Australia, retail			0.6				50.20			33
Ripe roe, frozen	Scotland	74		13.2 DW				PL 49.10 NL 34.70		6.1 TL	146
Fillet, frozen	Canada, retail	81.4	17.9	0.90	1.2		85		57		24
Frozen cheeks & tongues	Canada, retail	83.3	14.6	1.1	1.1		72		190		24
Smoked fillet	Canada, retail	78.6	18.0	0.9	3.0		85		844		24
Fish cakes	Canada, retail	64.0	12.7	8.0	2.1	13.2			589		24
Fish sticks	Canada, retail	64.2	11.7	9.9	2.0	12.2			525		24
<b>Cod, Ling</b>											
Unspecified											
Fillet, MS	Unspecified	79.73	14.93	4.28	1.30						30
<i>Ophiodon elongatus</i>											
Fillet, iced 24 h	NE Pacific	79.9	18.1	1.42	1.22				13.9		38
Same as above but freeze dried	NE Pacific		90.0 DW	7.0 DW	6.1 DW				0.21 DW		38
Minced, unwashed, flesh, iced 1 d	NE Pacific	72.9									86
Same as above but freeze dried	NE Pacific	75.95									86
Edible flesh	NE Pacific	81.1	17.6	0.96	1.20						137
<b>Cod, Pacific, <i>Gadus macrocephalus</i></b>											
Fillet	Unspecified			0.64				0.20 WW			27
Fillet, iced 24 h	NE Pacific	81.8	17.1	0.78	1.06				64.6		38
Same as above but freeze dried	NE Pacific		94.2 DW	4.3 DW	5.9 DW				0.36 DW		38
Minced, unwashed, flesh, iced 1 d	NE Pacific	79.35									86

**Table 1—Finfish (Continued)**

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
<b>Cod, Pacific, <i>Gadus macrocephalus</i> (continued)</b>											
Same as above but unwashed	NE Pacific	77.87									86
Edible flesh	NE Pacific	81.1	17.9	0.66	1.20						137
Flesh	Japan							30.1			161
<b>Cod, Polar, Unspecified</b>											
Unspecified	Norway			8.35				13.5			87
Whole fish	Norway							EPA & DHA only	181.33		66
<b>Cod, Red, <i>Physiculus bacchus</i></b>											
Fillet	Australia, retail			0.5				48.70			33
Fillet, frozen	N.Z.	82	17.0	0.6	1.1			81.20	70		122
<b>Cod, Rock, <i>Epinephelus tauvina</i></b>											
Fillet midline, muscle/skin XS	Malaysia, retail			0.6				43.00			34
<b>Cod, Saffron, <i>Eleginus gracilis</i></b>											
Flesh	Japan			1.0				42.4			52
<b>Codling, Unspecified</b>											
Muscle	European waters			0.21-0.35						22.0-35.0	1
<b>Crappie, Black, <i>Pomoxis nigromaculatus</i></b>											
Fresh, frozen fillet	N.Y. State	78.0	18.8	1.5	1.1				70	72	78
Fresh, frozen fillet	N.Y. State			1.5				38.30			77
<b>Croaker, Atlantic, <i>Micropogonias undulatus</i></b>											
Fresh, frozen, HS fillet	N.Carolina, commercial processor	80.26	19.52	1.21	1.00						158
Same as above but MS	Same as above	77.52	19.17	3.63	1.05						158
Edible, skinned portion, iced 2 d	Virginia, retail	79.37	18.13	1.90	1.08				55.5		8
Same as above but cooked	Virginia, retail	68.90	27.10	2.78	1.68				88.2		8
Fillet	Gulf of Mex.	79.53	18.36	1.24	0.99						103
Minced	Gulf of Mex.	78.81	17.89	1.73	1.03						103
Minced flesh, fresh	Gulf of Mex.	75.22	17.38	5.83	0.71			18.2			29
<b>Curimbata, <i>Prochilodus scrofa</i></b>											
Fresh fillet iced 24 h	Brazil distributor	76.5	20.4	2.3	1.3			17.5			100
<b>Cusk, <i>Brosme brosme</i></b>											
Frozen fillet	Canada, retail	80.2	19.3	0.71	1.0		89		36		24
<b>Cuttlefish, Pacific, Unspecified</b>											
Liver oil	Unspecified							28			3
<b>Cuttlefish, <i>Sepia</i> sp.</b>											
Edible meat	India			0.6				37.3			125
<b>Dogfish, Unspecified</b>											
Muscle	European waters			2.1-16.3						28.4-73.0	1
Fried in batter	Retail	54.2	16.7	18.8		7.7	265		290		118
<b>Dogfish, Spiny, <i>Squalus acanthias</i></b>											
Flesh	NE Pacific	70.6	17.4	13.4	0.80						137
Whole fish	NE Pacific	69.5	16.3	15.3	1.77						137
Fillet	Unspecified			10.1				2.58 WW			27
Steak anterior to dorsal fin, frozen	NE Pacific			14.1				27.60			40
Whole, liver frozen	NE Pacific			62.7				19.10			40
Fresh fillet	New England	71.5	12.6	14.5	0.9			22.65	19.46	68.1	63
<b>Dory, John, Unspecified</b>											
Fresh fillet	Sydney, retail			1.1				50.1		57	121
<b>Dory, Lookdown, <i>Cyttus traversi</i></b>											
Fillet, frozen	N.Z.	78.9	18.1	2.5	0.7						152
Whole body, frozen	N.Z.			4.9							152
<b>Dory, Silver</b>											
Unspecified											
Unspecified	Sydney, retail			0.9				33.5		30	120
<b><i>Cyttus novaezelandiae</i></b>											
Fillet	N.Z.	80.6	17.1	1.2	0.9						153
Whole body	N.Z.	73.1	17.3	5.0	4.5						153
<b>Drum, Black, <i>Pogonias cromis</i></b>											
Minced flesh, fresh	Gulf of Mex.	77.12	16.13	2.86	0.92						29
Minced flesh, frozen	Gulf of Mex.	80.25	16.44	2.22	0.90						29
Minced flesh	Gulf of Mex.							25.8			29

Table 1—Finfish (Continued)

Common/scientific names		Moisture	Protein	Fat	Ash	Carbo- hydrate	Energy	PUFA	Na	Choles- terol	Source
Description	Location	(%)	(%)	(%)	(%)	(%)	(Cal/100g)	(% total FA)	(mg%)	(mg%)	no.
<b>Drum</b> , Freshwater FW, <i>Aplodinotus grunniens</i>											
Fresh, frozen fillet	N.Y. State	77.4	18.0	3.2	1.2				60	64	78
Fresh, frozen fillet	N.Y. State			3.2				25.80			77
<b>Eel</b> , Unspecified											
Frozen, edible portion	Canada, retail	70.0	17.4	11.5	1.5		178		46	95.0	24
Type unspecified	Unspecified										143
Oil	Unspecified							3.50			1
Yellow eels, raw flesh	Unspecified	71.3	16.6	11.3		0	168		89		118
Yellow eels, stewed in water	Unspecified	61.3	20.6	13.2		0	201		84		118
<b>Eel</b> , American, <i>Anguilla rostrata</i>											
Edible portion, raw, yellow stage	Unspecified	72	19	9	1						88
Edible portion, smoked	Unspecified	50	19	28	2						88
Fillet	Unspecified			18.3				2.70 WW			27
Wild: muscle tissues	N. Carolina	77.1	19.1	3.4				30.0			116
Cultured:											
entire body, elvers	N. Carolina	85.6	10.9	2.0				36.4			116
muscle tissues: 4 wk	N. Carolina	84.2	12.0	1.6				25.3			116
18 mo	N. Carolina	67.3	16.0	14.7							116
<b>Eel</b> , European, <i>Anguilla anguilla</i>											
Raw, silver stage	Unspecified	58-60	14	26-28			300				88
Fillet	Unspecified			24.5				0.79 WW			27
<b>Eel</b> , Long-finned, <i>Anguilla dieffenbachii</i>											
Feeding:											
trunk	N.Z.							35.00			142
tail	N.Z.							32.30			142
<b>Eel</b> , Short-finned, <i>Anguilla australis</i>											
Feeding:											
trunk	N.Z.			6.00				Oct. 32.40 Jan. 24.50			142
tail	N.Z.			19.90				Oct. 31.10 Jan. 25.20			142
Migratory:											
trunk	N.Z.			12.30				20.10			142
tail	N.Z.			20.10				18.30			142
<b>Eel</b> , Spiny, <i>Mastacembelus armatus</i>											
Fresh muscle	India			0.56				25.20			149
<b>Eulachon</b> , <i>Thaleichthys pacificus</i>											
Edible flesh	NE Pacific	79.6	14.6	6.25	1.25						137
<b>Fish Meals:</b>											
Bermuda	Unspecified			5.7				56.8			41
Capelin	Unspecified	8.9	68.6	15.2	10.0				0.59		46
Herring	Unspecified			13.0				45.2			41
Lanternfish, <i>Benthoosema pterotum</i>	Unspecified	12.8	64.9	8.3	15.2				1.10		46
South African	Unspecified			5.5				45.4			41
White fish	Unspecified			5.6				38.9			41
<b>Flathead</b> , Unspecified											
Unspecified	Sydney, retail			1.6				29.8		58	120
<b>Flathead</b> , Knobby, <i>Suggrundus tuberculatus</i>											
Edible meat	India			0.7				20.9			125
<b>Flounder</b> , Unspecified											
Unspecified	Unspecified									41.0-60.0	143
Baked in butter	Unspecified								236		131
Flesh	N. America			0.8						50	1
Fresh fillet	Sydney, retail			0.7				34.7		33	121
<b>Flounder</b> , Arrowtooth <i>Atheresthes evermanni</i>											
Flesh, frozen	Japan			4.1				NL 16.0			54
<i>Atheresthes stomias</i>											
Edible flesh	NE Pacific	79.5	17.7	2.30	1.11						137
<b>Flounder</b> , Dab, <i>Hippoglossoides platessoides</i>											
Fillet	Unspecified			0.66							28
<b>Flounder</b> , Dab Japanese, <i>Limanda herzensteini</i>											
Flesh, frozen	Japan			1.0				25.9			54
Flesh	Japan			2.4				32.0			161

Table 1—Finfish (Continued)

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
<b>Flounder</b> , Greyback, <i>Glyptocephalus cynoglossus</i>											
Fillet	Unspecified			0.86							28
<b>Flounder</b> , Righteye, <i>Verasper moseri</i>											
Flesh, frozen	Japan			1.0				29.3			54
<b>Flounder</b> , Roundnose, <i>Eopsetta grigorjewi</i>											
Flesh, frozen	Japan			2.9				22.8			54
<b>Flounder</b> , Slime, <i>Microstomus achne</i>											
Flesh	Japan			11.8				28.9			161
<b>Flounder</b> , Starry, <i>Platichthys stellatus</i>											
Edible flesh	NE Pacific	80.3	17.3	1.40	1.12						137
Minced, unwashed, flesh iced 1 d	NE Pacific	78.0									86
Same as above but washed	NE Pacific	76.0									86
<b>Flounder</b> , Stone, <i>Kareius bicoloratus</i>											
Flesh	Japan			2.2				35.8			161
Flesh, frozen	Japan			3.0				20.5			54
<b>Flounder</b> , Winter, <i>Pseudopleuronectes americanus</i>											
Edible, raw, skinned portion, iced < 2 d	Virginia, retail	77.00	21.23	1.19	1.23				32.9		8
Same as above but cooked	Virginia, retail	70.96	26.05	2.06	1.48				35.9		8
Fillet	Unspecified			1.4							28
<b>Flounder</b> , Yellowtail, <i>Limanda ferruginea</i>											
Fillet	Unspecified			1.2				0.35 WW			27
Fillet	Unspecified			1.20				0.34 WW			28
Raw edible portion	Unspecified	79.4	19.6	1.5	1.1		97	17.20	176		83
<b>Frogfish</b> , <i>Batrachus grunniens</i>											
Fresh muscle	India			0.46				21.22			149
<b>Frostfish</b> , <i>Lepidopus caudatus</i>											
Fillet	N.Z.	78.4	19.2	1.1	1.1						153
Whole body	N.Z.	74.4	18.6	3.6	3.4						153
<b>Garfish</b> , <i>Hyporhamphus melanochir</i>											
Fillet	Australia, retail			1.0				48.70			33
<b>Gemfish</b> , Unspecified											
Fresh fillet	Sydney, retail			6.4				22.5		44	121
<b>Gemfish</b> (Kingfish), <i>Rexea solandri</i>											
Fillet	N.Z.	76.3	19.7	2.8	1.0						153
Whole body	N.Z.	73.0	17.9	6.4	2.7						153
Fillet	Australia, retail							47.10			33
<b>Goosefish</b> , <i>Lophius litulon</i>											
Flesh	Japan			0.4				30.1			161
<b>Grenadier</b> , Blue, <i>Macruronus novaezealandiae</i>											
Fillet	Australia, retail			0.5				47.70			33
<b>Grenadier</b> , Roundnose, <i>Coryphaenoides rupestris</i>											
Fresh, frozen fillet	Newfoundland	83.58		0.69							14
<b>Grenadier</b> , Roughhead, <i>Macrourus berglax</i>											
Fillet, fresh, iced	Newfoundland	89.19		0.47							13
<b>Groper</b> , Blue, <i>Achoerodus gouldi</i>											
Fillet	Australia, retail			7.8				57.80			33
<b>Grouper</b> , Red, <i>Epinephelus morio</i>											
Fresh, frozen fillet	Gulf of Mex.	77.97	21.71	0.88	1.20			41.15	46.7		31
Above but baked	Gulf of Mex.	72.54	26.12	1.14	1.30			40.76	49.5		31
Above but broiled	Gulf of Mex.	72.33	23.22	1.18	1.46			43.33	55.8		31
Above but deepfried	Gulf of Mex.	68.62	24.38	3.73	1.50			53.38	57.7		31
Above but microwaved	Gulf of Mex.	72.29	21.86	1.41	1.49			35.39	54.5		31
<b>Gurnard</b> , <i>Chelodichthys kumu</i>											
Skinned fillet	N.Z.	77.3	21.5	0.59	1.57			19.60	109		47
<b>Gurnet</b> , Unspecified											
Unspecified	Japan			1.92						25	1
<b>Haddock</b>											
Unspecified											
Unspecified	Unspecified									41.0-64.0	143
Breaded, fried	Unspecified								176		131
"Krisps", breaded	Retail			17.6				8.8 WW			1
Muscle	European waters			0.29-0.42						27.2-35.0	1
Flesh	N. America			0.1						50	1
Fresh, raw filets	Unspecified	81.3	16.8	0.6		0	73		120		118



Table 1--Finfish (Continued)

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
<b>Haddock (continued)</b>											
Unspecified (continued)											
Headed, boned, fried in crumbs	Unspecified	65.1	21.4	8.3		3.6	174		180	118	
Steamed	Unspecified	75.1	22.8	0.8		0	98		120		118
Smoked, steamed flesh Muscle	Unspecified N. America	71.6	23.3	0.9		0	101		1220		118 1
<i>Melanogrammus aeglefinus</i>											
Ripe roe, frozen	Scotland	86		10.7 DW				PL 49.40 NL 38.60		9.5 TL	146
Frozen fillet	Canada, retail	81.5	17.7	0.76	0.8		82		66		24
Fish sticks	Canada, retail	59.9	13.0	10.0	2.0	15.1			535		24
Fillet	Unspecified			0.66				0.18 WW			28
Thick steak	Unspecified			0.71							28
Tail steak	Unspecified			0.77							28
Fillet	Unspecified			0.66				0.18 WW			27
Flesh, frozen	North Sea			0.7				58.80			42
<b>Hake, <i>Merluccius merluccius</i></b>											
Frozen fillet	Israel, retail	78.8	18.9	0.93	1.3						7
<b>Hake, Pacific, <i>Merluccius productus</i></b>											
Fillet	Unspecified			1.5				0.59 WW			27
Fillet, iced 24 h	NE Pacific	83.3	15.7	1.44	0.96				66.3		38
Same as above but freeze dried	NE Pacific		94.3 DW	8.6 DW	5.8 DW				0.40 DW		38
<b>Hake, Red, <i>Urophycis chuss</i></b>											
Skinless fillet	NW Atlantic	84.5	14.1	0.36	1.07					35.1	85
Minced	NW Atlantic	83.1-83.2	14.8-15.2	0.4-0.5	1.3-1.6					45.3-49.0	85
<b>Hake, Silver (Whiting), <i>Merluccius bilinearis</i></b>											
Fillet	Unspecified			3.8				1.34 WW			27
Commercially scaled:											
skinless fillet	NW Atlantic	82.4	15.1	1.37	1.17					44.3	85
mince	NW Atlantic	81.9-82.6	14.3-14.9	1.5-1.9	1.3-1.5					46.8-68.1	85
Hand-scaled:											
skinless fillet	NW Atlantic	82.0	15.0	1.92	1.12					42.2	85
mince	NW Atlantic	81.4-82.0	14.9-15.5	1.9-2.0	1.1					44.0-57.0	85
<b>Hake, South African, <i>Merluccius capensis</i></b>											
Fillet	Australia, retail			5.7				20.40			33
Fillet	Unspecified			1.6				0.49 WW			27
Muscle	Unspecified			1.55							2
<b>Halfbeak, <i>Hyporhamphus unifasciatus</i></b>											
Dried edible portion	Unspecified			5.5				1.70 WW			27
<b>Halibut, Unspecified</b>											
Unspecified	Unspecified									34.0-58.0	143
Muscle	U.K.							PL 56.70			1
Flesh	N. America			1.2						50	1
Raw	Unspecified	78.1	17.7	2.4		0	92		84		118
Steamed	Unspecified	70.9	23.8	4.0		0	131		110		118
Steak, frozen	Canada, retail	76.2	20.4	4.0	1.2				57		24
<b>Halibut, Atlantic, <i>Hippoglossus hippoglossus</i></b>											
Fillet	Unspecified			1.1				0.61 WW			27
Whole:											
thick steak	Unspecified			3.1							28
tail steak	Unspecified			1.2							28
White meat:											
thick steak	Unspecified			1.14							28
tail steak	Unspecified			0.74							28
Dark meat:											
thick steak	Unspecified			8.5							28
tail steak	Unspecified			3.9							28
Fillet	Unspecified			1.1				0.43 WW			28
<b>Halibut, Black, Unspecified</b>											
Muscle	European waters			8.9-17.2						43.0-50.0	1
<b>Halibut, Indian, <i>Psettodes erumei</i></b>											
Fresh muscle	India			0.92				32.49			149
Minced fillet	India	76.12	21.60	0.915	0.7757	430.6 mg	98.8		195.5		106
<b>Halibut, N.E. Pacific, <i>Hippoglossus stenolepis</i></b>											
Edible flesh	NE Pacific	78.3	20.7	0.79	1.35						137
Fillet	Unspecified			2.0				0.55 WW			27

**Table 1—Finfish (Continued)**

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
<b>Halibut, N.E. Pacific, <i>Hippoglossus stenolepis</i> (continued)</b>											
Thick steak	Unspecified			0.9							28
Tail steak	Unspecified			0.7							28
Steak anterior to dorsal fin, frozen	NE Pacific			1.6				27.70			40
<b>Halibut, White, Unspecified:</b>											
Muscle	European waters			0.35-0.60						24.0-34.0	1
<b>Herring</b>											
Unspecified											
Oil	Alaska							18.0-28.2			140
Oil	Nova Scotia							9.0-24.5			140
Unspecified	Unspecified									82.0-83.8	143
Kippered	Canada, retail	63.6	19.7	9.9	3.3		173		875		24
Flesh, iced 2 d then frozen	Nova Scotia			14				23			74
Oil	Unspecified							59.7			113
Commercial oil	Norway							21.30			1
Muscle	European waters			10.6-24.2						53.2-66.4	1
Flesh	N. America			11.3						85	1
Whole	Norway			17.90				6.5			87
EPA & DHA only											
Whole	Norway								245.00		66
Canned in tomatoe sauce	Sydney, retail			12.0				24.5		81	121
Canned in oil	Sydney, retail			8.4				42.7		52	121
In tomatoe sauce	Sydney, retail			6.4				30.4		88	120
Canned in water	Sydney, retail			12.5				13.5		138	120
Pickled	Sydney, retail			6.4				10.4		132	120
Raw flesh	Unspecified	63.9	16.8	18.5		0	234		67		118
Fried flesh, skin & roes in oatmeal	Unspecified	58.7	23.1	15.1		1.5	234		100		118
Grilled flesh	Unspecified	65.5	20.4	13.0		0	199		170		118
Roe, raw	Unspecified	82.0	13.3	3.0		0	80				118
Roe, fried in flour	Unspecified	52.3	21.1	15.8		4.7	244		87		118
Smoked	Unspecified								6158		131
Muscle & skin lipids	Unspecified							18.3			2
Muscle & skin	Unspecified			3.3-22.8							2
Commercial oil	Unspecified							10.2			2
Muscle	Canada							PL 48.50			1
Fillet	Unspecified			4.6							28
Extra hepatic tissue	Hatchery-reared							NL 29.45 PL 55.41			117
Commercial oils	Unspecified							11.1			2
Commercial oils	Unspecified							11.1			126
Whole	Norway								122.67		66
<i>Clupea harengus</i>											
Ripe roe, frozen	Scotland	74		4.6 DW				PL 48.70 TG 32.90		8.3 TL	146
Whole	Norway		16.3	17.9	2.1			20			3
Flesh, frozen	North Sea			12.9				41.10			42
Muscle & skin lipids	Unspecified							18.3			126
Commercial oils	Unspecified							10.2			126
Meat	Canada									0.06 TL	68
Oils	Unspecified							8.6-23.7			2
Phospholipids	Unspecified							48.70			2
Triglycerides	Unspecified							13.00	2		
Whole	Unspecified			16.4							28
Whole	Unspecified			16.4				2.40 WW			28
Roe	Finland							50.30			72
Roe	Finland			2.4							70
Mature roe, fresh, unwashed	Finland	75.0	16.8	3.0	1.0						156
Same as above, but washed	Finland	78.4	17.8	2.6	0.4						156
<i>Clupea pallasii</i>											
Flesh	Japan			8.3				17.6			161

Table 1—Finfish (Continued)

Common/scientific names		Moisture	Protein	Fat	Ash	Carbo- hydrate	Energy	PUFA	Na	Choles- terol	Source
Description	Location	(%)	(%)	(%)	(%)	(%)	(Cal/100g)	(% total FA)	(mg %)	(mg %)	no.
<b>Herring, Atlantic, <i>Clupea harengus harengus</i></b>											
Fillet	Unspecified			6.2				1.41 WW			27
Whole	Unspecified			16.4				2.39 WW			27
<b>Herring, Lake, <i>Coregonus artedii</i></b>											
Whole fillet, frozen	Unspecified			2.5				33.80			40
<b>Herring, North Sea, Unspecified</b>											
Commercial oil	North Sea							31.95			3
Unspecified	Norway			14.1				12.6			87
								EPA & DHA only			
<b>Herring, Pacific, <i>Clupea harengus pallasii</i></b>											
Flesh	NE Pacific	70.7	16.0	12.5	1.28						137
Whole	NE Pacific	70.8	16.4	12.8	2.4						137
Fillet	Unspecified			11.1				1.67 WW			27
Whole fillet, frozen	NE Pacific			12.8				23.80			40
Commercial oil	Unspecified							16.90			2
<b>Herring, Round</b>											
<i>Dussumicria hasseletii</i>											
Fillet midline, muscle/skin XS	Malaysia, retail			1.1				51.40			34
<i>Etrumeus teres</i>											
Fillet	Unspecified			4.4				1.55 WW			27
Dried edible portion	Unspecified			7.2				1.52 WW			27
<b>Herring, Thread, <i>Opisthonema oglinum</i></b>											
Raw	Florida	75.22	20.05	2.71	3.04			37.6			45
Canned	Florida	70.81	23.21	3.41	3.21			41.35			45
Headed, gutted, frozen	Gulf of Mex.	73.23	20.65	3.22	3.68						44
Fillet	Gulf of Mex.	75.68	20.63	2.58	1.36						44
Unspecified	Unspecified							37.8			44
<b>Hoki, <i>Macruronus novaezealandiae</i></b>											
Fillet, frozen	N.Z.	78.5	18.5	2.50	1.2			29.50	62.5		122
<b>Javelin Fish, <i>Lepidorhynchus denticulatus</i></b>											
Fillet, frozen	N.Z.	81.7	16.9	0.80.8							152
Whole body, frozen	N.Z.			5.5							152
<b>Jewfish, Unspecified</b>											
Fresh fillet	Sydney, retail			1.3				39.3		49	121
<b>Jewfish, Silver</b>											
<i>Johnius argentatus</i>											
Fresh muscle	India			1.63				27.56			149
Minced fillet	India	77.80	20.46	1.630	0.6677	429.6 mg	100.8		160.2		106
Edible meat	India			0.35				29.0			125
<i>Johnius Pseudosciaena soldado</i>											
Fillet midline, muscle/skin XS	Malaysia, retail			2.1				29.80			34
<b>Jobfish, Smalltooth, <i>Aphareus rutilans</i></b>											
Edible meat	India			0.22				40.2			125
<b>Kalava, <i>Serranus hexagonatus</i></b>											
Edible meat	India			0.5				34.6			125
<b>Kingfish, Unspecified</b>											
Fresh fillet	Sydney, retail			1.9				33.7		32	121
<b>Kingfish, Silver, <i>Rexea solandri</i></b>											
Fillet, frozen	N.Z.	70	9.5	12.1	1.1			17.20	50		122
<b>Kipper, Unspecified</b>											
Canned fillets	Unspecified			27.7				9.9 WW			1
Canned fillets	Unspecified			27.7						19.4	79
Flesh	Unspecified	58.7	25.5	11.4		0	205		990		118
<b>Leatherjacket</b>											
Unspecified											
Fresh fillet	Sydney, retail			0.7				53.9		26	121
<b>Family Aluteridae</b>											
Fillet	Australia, retail			0.5				53.40			33
<i>Parika scaber</i> (Triggerfish)											
Fillet	N.Z.	79.4	18.5	0.9	1.0						153
Whole body	N.Z.	75.0	17.2	1.7	6.2						153
<b>Ling</b>											
Unspecified											
Muscle	European waters			0.34-0.57						29.0-46.0	1

**Table 1—Finfish (Continued)**

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
<b>Ling (continued)</b>											
<i>Genypterus blacodus</i>											
Fillet	N.Z.	78.3	19.7	0.8	1.0						153
Whole body	N.Z.	76.8	18.5	1.5	3.3						153
<b>Lumpfish, Unspecified</b>											
Whole body:											
female	Norway								235.50		66
male	Norway								240.00		66
<b>Lumpsucker, Unspecified</b>											
Female	Norway			1.8				21.2 EPA & DHA only			87
Male	Norway			3.8				20.5 EPA & DHA only			87
<b>Mackerel</b>											
Unspecified											
Unspecified	Unspecified									60.0-80.0	143
Canned	Unspecified									102.0	143
Raw	Unspecified								47		131
Flesh, iced 2 d then frozen	Nova Scotia			9				25			74
Canned:											
meat	Retail			7.9				1.9 WW			1
liquor	Retail			20.2				4.4 WW			1
Muscle	European waters			17.9-22.5						34.0-38.8	1
Flesh	N. America			12.2						95	1
Unspecified	Japan			5.23						15	1
Unspecified	Norway			17.35				13.6 EPA & DHA only			87
Whole	Norway								160.00		66
Muscle/skin lipids	Unspecified							25.8			2
Muscle & skin	Unspecified			12.2							2
Commercial oil	Unspecified							23.6			2
Muscle	Canada							PL 52.60			1
Canned:											
meat	Retail			7.9				1.95 WW			79
liquor	Retail			30.2				5.30 WW			79
Raw	Unspecified	64.0	19.0	16.3		0	223		130		118
Fried flesh	Unspecified	65.6	21.5	11.3		0	188		150		118
<i>Rastrelliger kanagurta</i>											
Fillet midline, muscle/skin XS	Malaysia, retail			2.2				40.30			34
Minced edible portion	India	71.19	21.21	7.51	1.33	0.50	154.40		100.16		108
<i>Scomber japonicus</i>											
Fillet, frozen	N.Z.	75	23.0	2.1	1.5			22.70	55		122
Flesh	Japan			14.1				25.8			161
Raw	Florida	73.73	21.08	3.07	2.66			42.7			45
Canned	Florida	69.77	24.79	3.30	3.03			45.45			45
Eviscerated	Unspecified			14.8				3.61 WW			27
White muscle	Japan									98.9 TS	145
Dark muscle	Japan									98.2 TS	145
Frozen	(written in Chinese)	71.8	17.7	8.6	1.3	0.5					89
Frozen meat paste	(written in Chinese)	70.7	16.6	5.7	0.9	0.4					89
Muscle:											
Aug.	Unspecified			10.8							2
Jan.	Unspecified			15.5							2
Male:											
Dorsal flesh:											
white	Japan			5.4				13.3			144
dark	Japan			17.4				13.8			144
Tail flesh:											
white	Japan			1.9				5.8			144
dark	Japan			7.9				11.8			144
Ventral flesh	Japan			15.8				14.7			144
Female:											
Dorsal flesh:											
white	Japan			17.4				26.1			144
dark	Japan			44.8				27.1			144

**Table 1—Finfish (Continued)**

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
<b>Mackerel, <i>Scomber japonicus</i> (continued)</b>											
Female: (continued)											
Tail flesh:											
white	Japan			14.3				26.3			144
dark	Japan			27.0				29.1			144
Ventral flesh	Japan			49.5				31.4			144
<b>Mackerel, Atlantic, <i>Scomber scombrus</i></b>											
Frozen fillet	Canada, retail	69.5	18.7	9.8	1.2		168		89		24
Fresh fillet	Nova Scotia	67.7	17.8	12.6				27.6			75
Fillet	Unspecified			9.8				2.44 WW			27
Fillet	Unspecified			12.6				3.24			28
Meat	Unspecified									0.22 TL	68
Edible portion	Unspecified		17	27				20.50		80	155
Flesh:											
Dec.	Unspecified			24.1							28
June	Unspecified			9.1							28
Flesh, frozen	North Sea			10.3				48.30			42
Whole fillet, frozen	NW Atlantic			12.9				30.00			40
Dressed portion	NW Atlantic	69.3	17.4	12.8	1.1				22.10		90
Belly	NW Atlantic	64.8	16.1	18.6	0.9						90
Dark muscle	NW Atlantic	68.1	17.3	14.1	1.1						90
White muscle	NW Atlantic	71.5	18.9	9.1	1.2						90
White muscle	Unspecified										90
Dark muscle	Unspecified										73
Dark muscle			14.1								73
White muscle			9.1								83
Belly portion			18.6								83
Winter:											
thick steak	Unspecified			18.8							28
tail steak	Unspecified			12.6							28
Summer:											
thick steak	Unspecified			3.2							28
tail steak	Unspecified			4.9							28
Muscle & skin lipids	Unspecified							25.8			126
Commercial oils	Unspecified							23.6			126
Male:											
dark muscle	Unspecified			12.84							83
white muscle	Unspecified			3.32							83
belly	Unspecified	27.84									83
Female:											
dark muscle	Unspecified	8.94									83
white muscle	Unspecified			2.21							83
belly	Unspecified			22.20							83
Spring:											
whole fillet	NE Atlantic			16.1-19.1							28
fillet	NW Atlantic			8							28
light meat	NW Atlantic			2.2-4.9							28
Summer:											
whole fillet	NE Atlantic			3.9-9.1							28
light meat	NW Atlantic			4.6-7.6							28
Fall:											
whole fillet	NE Atlantic			9.9-14.3							28
fillet	NW Atlantic			8.6-25.5							28
light meat	NW Atlantic			10.2-18.8							28
Winter:											
whole fillet	NE Atlantic			15.7-24.1							28
light meat	Unspecified			10.2							2
dark meat	Unspecified	14.4									2
dorsal meat	Unspecified			2.1							2
Muscle:											
Dec.	Unspecified			24.1							2
June	Unspecified			9.1							2
<b>Mackerel, Blue, <i>Scomber australasicus</i></b>											
Fillet, frozen	N.Z.	66.40	22.53	9.98	1.45						151
								Male: 31.9-41.5			
								Female: 35.1-41.3			

Table 1—Finfish (Continued)

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
<b>Mackerel, Horse</b>											
Unspecified											
Whole	Norway								660		66
Unspecified	Norway			12.6				13.0			87
<i>Trachurus trachurus</i>											
Flesh	Japan			1.2				23.9			161
<b>Mackerel, Horse "Jural", <i>Trachurus murphyi</i></b>											
Oil											
Chile:											
North											
								42.5			3
South											
								38.4			3
<b>Mackerel, Jack</b>											
<i>Trachurus declivis</i>											
Fillet, frozen	N.Z.	72.35	21.3	5.15	1.35						151
Fillet, frozen	N.Z.	73	22.0	6.0	1.3			21.00	55		122
<i>Trachurus novaezelandiae</i>											
Fillet, frozen	N.Z.	74.55	21.08	3.18	1.40						151
<b>Mackerel, Japanese, <i>Trachurus japonicus</i></b>											
Eviscerated	Unspecified			6.8				1.97 WW			27
<b>Mackerel, Rake-gilled, <i>Rastelliger kanagurta</i></b>											
Fillet	Unspecified			6.0				0.95 WW			27
<b>Mackerel, Seer, <i>Scomberomorus guttatum</i></b>											
Fillet	Unspecified			15.5				2.63 WW			27
<b>Mackerel, Spanish, <i>Scomberomorus maculatus</i></b>											
Fresh, frozen fillet	Fla., Atlantic	62.94	18.97	13.75	1.12			29.95	44.8		31
Above but baked	Fla., Atlantic	65.35	21.76	12.66	1.26			29.24	48.2		31
Above but broiled	Fla., Atlantic	62.24	22.88	13.18	1.38			31.01	52.2		31
Above but deep fried	Fla., Atlantic	58.88	22.74	12.42	2.25			38.78	60.9		31
Above but microwaved	Fla., Atlantic	61.45	23.87	13.61	1.37			30.23	56.5		31
Fresh, frozen fillet	Gulf of Mex.	71.71	20.42	7.71	1.27			27.20			101
<b>Maria "Burbot", <i>Lota lota</i></b>											
Commercial oil	Unspecified			3.7						19.9 mg TL	6
<b>Menhaden</b>											
Unspecified											
Refined oil	Unspecified							34.90			130
Oil	Unspecified							39.3			113
Crude oil	NW Atlantic							30.31			138
Commercial oil	USA							27.60			1
Commercial oil	USA							39.30			3
Commercial oil	Unspecified							17.3-38.5			140
Commercial oil	Gulf of Mex. East							31.87			3
Commercial oil	Gulf of Mex. West							35.90			3
Commercial oil	Miss. delta							28.67			3
Commercial oil	Chesapeake Bay							33.81			3
Commercial oil	NW Atlantic							38.49			3
Oil	Unspecified							34.00			139
<i>Brevoortia patronus</i>											
Fresh, frozen, gr. whole bodies	Gulf of Mex.	64.55	16.25	15.54	4.55			44.16			23
<i>Brevoortia tyrannus</i>											
Fresh, frozen, gr. whole bodies	Chesapeake Bay	70.68	16.47	8.39	4.70			40.50			23
Body lipids	Nova Scotia							PL 38.62			4
								TG 31.82			
Whole body, frozen	NW Atlantic			15.5				31.70			40
Unspecified	Unspecified							PL 36.40			2
								TG 27.20			2
<b>Moki, Blue, <i>Latridopsis ciliaris</i></b>											
Skinned fillet	N.Z.	75.9	19.6	4.27	1.37			38.80	81		47
Fillet	N.Z.	76.3	20.7	1.6	1.3						153
Whole body	N.Z.	70.9	19.4	5.7	4.0						153
<b>Monkfish</b>											
<i>Kahetostoma giganteum</i>											
Fillet, frozen	N.Z.	79	18.0	2.31.2				20.70	85		122
<i>Lophius piscatorius</i>											
Fresh, edible portion, iced < 1 d	New England	83.29	15.85	0.53	1.21				18.48	18.58	64

Table 1—Finfish (Continued)

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
<b>Morwong, <i>Nemadactylus macropterus</i></b>											
Fillet	Australia, retail			1.0				40.40			33
<b>Mullet</b>											
Unspecified											
Fresh fillet	Sydney, retail			1.8				31.9		34	121
<i>Liza</i> sp.											
Fresh, frozen fillet	NW Australia			3.0				35.50			136
<i>Mugil oeur</i>											
Minced edible portion	India	75.77	20.22	2.45	1.62	0.90	105.53		99.08		108
<i>Mugil cephalus</i> BW											
Fresh, frozen fillet	Florida			1.5-8.9				14.3-29.6			21
Fresh roe	Fla., retail	61.5	22.6	13.7	1.8			35.09		440	94
Salted & dried roe	Fla., retail	30.5	35.5	25.7	5.4						94
Fresh muscle	India			5.06				19.42			149
Fresh whole body	Japan			3.1							162
Fillet	N.Z.	73.4	21.6	3.4	1.1						153
Whole body	N.Z.	64.4	19.5	10.7	5.5						153
Eviscerated	Unspecified			5.9				1.52 WW			27
Frozen roe	Fla., retail	52.00	25.96	15.05	1.31	5.68					59
Fillet midline, muscle/skin XS	Malaysia, retail			1.9				28.50			34
Whole body, frozen	NW Atlantic			2.8				38.55			40
Roe lipid	Korea							By lipid class			65
Minced flesh, fresh	Gulf of Mex.	80.56	14.19	1.89	0.84						29
Minced flesh, frozen	Gulf of Mex.	81.96	15.25	1.33	0.84						29
Minced flesh	Gulf of Mex.							34.5			29
Minced fillet	India	74.94	20.84	5.060	0.5898	509.1 mg	134.8		136.4		106
<b>Mullet, Jumper, <i>Liza argentea</i></b>											
Fillet	Australia, retail			4.9				22.80			33
<b>Mullet, Red, Unspecified</b>											
Unspecified	Unspecified									21.0	143
<b>Mullet, Yelloweye, <i>Aldrichetta forsteri</i></b>											
Fillet	Australia, retail			1.9				34.10			33
Fillet	N.Z.	76.4	20.3	1.8	1.3						153
Whole body	N.Z.	73.9	18.2	4.6	3.3						153
<b>Mulloway, <i>Argyrosoma holdepidotus</i></b>											
Fillet	Australia, retail			4.4				28.70			33
<b>Oilfish, <i>Ruvettus pretiosus</i></b>											
Fillet	Unspecified			14.9				1.01 WW			27
<b>Opaleye, <i>Girella nigricans</i></b>											
Fresh, whole body	Japan			5.55							162
<b>Pearlsides, Mullers, Unspecified</b>											
Unspecified	Norway			14.68				15.2			87
								EPA & DHA only			
Whole	Norway		13.8	1.34	2.7			25.30			3
Whole	Norway								330.00		66
<b>Perch</b>											
Unspecified											
3 oz. broiled	Unspecified									70 mg	60
<i>Perca fluviatilis</i>											
Roe	Baltic Sea							52.00			72
Mature roe, fresh, washed	Finland	84.9	8.2	3.9	0.7						156
Roe	Baltic Sea			4.1							70
Fillet	Australia							43.50			33
Roe, washed	Archipelago Sea	84.4	8.2	4.0	0.6						92
Whole roe bags	Archipelago Sea	78.7	12.9	4.2	1.0						92
<b>Perch, Gurnard, Family <i>Scorpaenidae</i></b>											
Fillet	Australia, retail							27.70			33
<b>Perch, Ocean</b>											
Unspecified											
Fried	Unspecified								151		131
Breaded	Retail			8.3				3.2 WW			1
<i>Sebastes marinus</i>											
Frozen fillet	Canada, retail	79.2	17.7	2.0	1.0		94		64		24
Fillet	Unspecified			2.5				0.72 WW			27
Fillet	Unspecified	2.5						0.74 WW			28
Edible portion	NW Atlantic			2				28.20			40

Table 1—Finfish (Continued)

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
<b>Perch, Pacific, Unspecified</b>											
Breaded with onion	Retail			8.3						14.1	79
<b>Perch, Pacific Ocean, <i>Sebastes alutus</i></b>											
Edible flesh	NE Pacific	79.2	19.0	1.43	1.16						137
<b>Perch, Red, Unspecified</b>											
Muscle	European waters			1.30-7.70						21.3-54.4	1
<b>Perch, Sea, <i>Helicolenus papillosus</i></b>											
Fillet, frozen	N.Z.	81.6	17.0	0.6	0.9						152
Whole body, frozen	N.Z.			1.5							152
<b>Perch, White, <i>Morone americanus</i></b>											
Fresh, frozen fillet	N.Y. State	77.5	19.8	2.5	1.2				50	80	78
Fresh, frozen fillet	N.Y. State			2.5				29.80			77
<b>Perch, Yellow, <i>Perca flavescens</i></b>											
Fresh, frozen fillet	N.Y. State	79.1	19.4	0.8	1.1				50	90	78
Fresh, frozen fillet, male	N.Y. State			1.15							76
Same as above but female	N.Y. State			1.01							76
Fresh, frozen fillet	N.Y. State			0.8				55.60			77
<b>Pike, Northern, <i>Esox lucius</i></b>											
Fresh, frozen fillet	N.Y. State	79.8		0.7							78
Fresh, frozen fillet, male	N.Y. State			0.91							76
Same as above but female	N.Y. State			0.85							76
Fresh, frozen fillet	N.Y. State			0.7				57.10			77
Fillet	Unspecified			0.9				0.30 WW			27
Muscle:											
female	Canada	78.97	19.31	0.66							102
male	Canada	78.81	19.24	0.70							102
<b>Pike, Pikeperch, <i>Lucioperca lucioperca</i></b>											
Fillet	Unspecified			1.4				0.24 WW			27
<b>Pike, Walleye, <i>Stizostedion vitreum</i></b>											
Fresh, frozen fillet	N.Y. State			1.1				42.80			77
Fresh, frozen fillet	N.Y. State	78.6	19.5	1.1	1.2				50	86	78
Fresh, frozen, fillet, male	N.Y. State			1.10							76
Same as above but female	N.Y. State			1.01							76
<b>Pilchard</b>											
Unspecified											
Commercial oil	S. Africa							44.65			3
Canned in tomatoe sauce	S. Africa, retail	70.0	18.8	5.4		0.7	126		370		118
<b><i>Sardina pilchardus</i></b>											
Fillet	Unspecified			6.7				2.40 WW			27
<b>Pilchard, S. African, <i>Sardinops ocellata</i></b>											
Eviscerated	Unspecified			3.8				1.16 WW			27
Whole	Unspecified			5.0							2
<b>Plaice, Unspecified</b>											
Raw, whole	Retail	79.5	17.9	2.2		0	91		120		118
Fried in batter	Retail	52.5	15.8	18.0		14.4	279		220		118
Dipped in egg & fried in crumbs	Unspecified	59.9	18.0	13.7		8.6	228		220		118
Steamed flesh	Unspecified	78.0	18.9	1.9		0	93		120		118
<b>Plaice, European, <i>Pleuronectes platessa</i></b>											
Fillet	Unspecified			1.16-1.5							28
<b>Pollock</b>											
Unspecified											
Muscle	European waters			0.43-0.45						31.0-36.0	1
Edible flesh	N. America									75	1
Unspecified	Unspecified								92.6		159
<b><i>Pollachius virens</i></b>											
Commer. frozen fillet block	Unknown	83.1	16.2	0.03	1.2						128
Frozen fillet	Canada, retail	80.8	15.9	1.0	1.5		77		91		24
Fish sticks	Canada, retail	63.7	12.6	8.3	1.9	14.5			453		24
Fillet	Unspecified			1.0				0.45 WW			27



Table 1—Finfish (Continued)

Common/scientific names		Moisture	Protein	Fat	Ash	Carbo- hydrate	Energy	PUFA	Na	Choles- terol	Source
Description	Location	(%)	(%)	(%)	(%)	(%)	(Cal/100g)	(% total FA)	(mg%)	(mg%)	no.
<b>Pollock, Pacific, <i>Theragra chalcogramma</i></b>											
Edible flesh	Bering Sea	81.5	18.9	0.98	1.34						137
Fillet	N.Z.	85.48	13.56	0.11	1.01						103
Minced	N.Z.	85.37	13.97	0.15	0.78						103
Fillets from:											
small fish	Bering Sea	83.0	16.1	0.71.1					73		141
large fish	Bering Sea	81.6	17.1	0.2	1.2				68		141
glazed block	Bering Sea	82.24	16.25	0.2	1.3				191.8		141
Fillets from:											
glazed block	Bering Sea	81.7	16.3	0.3	1.3				197		141
Fillets from: glazed block, minced	Bering Sea	83.4	13.8	0.2	1.4				218		141
<b>Pomfret, <i>Pampus chinensis</i></b>											
Fillet midline, muscle/skin XS	Malaysia, retail			3.9				26.60			34
<b>Pomfret, Silver, <i>Stromateus cinereus</i></b>											
Fillet	Unspecified			4.5				0.64 WW			27
<b>Pomfret, White, <i>Stromateus sinensis</i></b>											
Edible meat	India			0.5				33.0			125
<b>Pompano, Florida, <i>Trachinotus carolinus</i></b>											
Fresh, frozen fillet	Fla., Atlantic	74.76	20.31	5.17	1.16			23.90	65.4		31
Above but baked	Fla., Atlantic	71.70	22.88	4.84	1.23			24.02	71.0		31
Above but broiled	Fla., Atlantic	71.41	23.88	4.19	1.38			25.75	76.4		31
Above but deepfried	Fla., Atlantic	66.18	25.38	8.78	1.47			42.88	76.6		31
Above but microwaved	Fla., Atlantic	72.72	23.23	4.21	1.30			25.61	73.1		31
<b>Porae (Morwong), <i>Nemadactylus douglasi</i></b>											
Fillet	N.Z.	74.5	20.6	3.6	1.0						153
Whole body	N.Z.	66.4	19.7	9.2	4.6						153
<b>Pout, Ocean, <i>Macrozoarces americanus</i></b>											
Fillet	New England	81.19	16.64	0.91	1.21					53	135
<b>Pout, Norway</b>											
Unspecified											
Unspecified	Norway			6.70				23.8			87
								EPA & DHA only			
Whole	Norway								143.25		66
<b><i>Boreogadus esmarkii</i></b>											
Whole	Norway			16.5	8.1	3.1		34.00			3
<b><i>Sebastes marinus</i></b>											
Commercial oil	Unspecified							15.10			1
<b>Puffer, <i>Fugu vermiculare porphyreum</i></b>											
Liver	Japan			35.8				13.0			48
<b>Queenfish, <i>Scomberoides</i> sp.</b>											
Fresh, frozen fillet	NW Australia			2.0				38.10			136
<b>Ratfish, <i>Hydrolagus colliei</i></b>											
Edible flesh	SE Alaska	75.3	15.1	10.7	1.6						137
<b>Ratfish, Rabbitfish, <i>Chimaera monstrosa</i></b>											
Fillet	Unspecified			1.4				0.14 WW			27
<b>Rattail, <i>Coelorynchus</i> sp.</b>											
Fillet, frozen	N.Z.	80.3	18.5	0.5	0.9						152
Whole body, frozen	N.Z.			1.3							152
<b>Rattail, Pacific, <i>Coryphaenoides acrolepsis</i></b>											
Fresh, frozen fillet	NE Pacific	84.23	14.12	0.46	1.01						80
<b>Redfish</b>											
Unspecified											
Flesh, iced 2 d, then frozen	Nova Scotia			2				29			74
Fresh fillet	Sydney, retail			1.8				29.3		29	121
<b><i>Sebastes marinus</i></b>											
Commercial oil	Unspecified							15.10			1
<b><i>Sebastes viviparus</i> (Norway Haddock)</b>											
Fillet	Norway							TG 23.20			1
Lipids	Norway							PL 45.01			1
<b>Ribaldo, <i>Mora pacifica</i></b>											
Fillet, frozen	N.Z.	80.5	17.9	0.5	0.9						152
Whole body, frozen	N.Z.			3.4							152
<b>Ribbonfish, <i>Trichurus savala</i></b>											
Edible meat	India			0.7				30.7			125

**Table 1—Finfish (Continued)**

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
<b>Roach, Unspecified</b>											
Mature roe, fresh, washed	Baltic Sea	72.6	19.0	4.2	0.8						156
Roe	Baltic Sea							42.00			72
Roe	Baltic Sea			3.7							70
<b>Rockfish</b>											
Unspecified											
Fillet	Unspecified			1.4				0.59 WW			27
Muscle	USA							PL 56.90			1
<i>Sebastes</i> sp.											
Minced, unwashed flesh, iced 1 d	NE Pacific	84									86
Same as above but washed	NE Pacific	84									86
<b>Rockfish, Black, <i>Sebastes melanops</i></b>											
Edible flesh	SE Alaska	81.0	18.7	1.84	1.17						137
Fillet, iced 24 h	NE Pacific	78.4	19.0	2.26	1.11				32.0		38
Same as above but freeze dried	NE Pacific		88.0 DW	10.5 DW	4.1 DW				0.15 DW		38
<b>Rockfish, Blackmouth, <i>Sebastes crameri</i></b>											
Edible flesh	SE Alaska	77.1	19.8	2.19	1.23						137
<b>Rockfish, Bocaccio, <i>Sebastes paucispinis</i></b>											
Edible flesh	NE Pacific	80.0	18.6	1.04	1.20						137
<b>Rockfish, Chilipepper, <i>Sebastes goodei</i></b>											
Edible flesh	NE Pacific	76.5	20.8	2.35	1.10						137
<b>Rockfish, Flag, <i>Sebastes rubrivinctus</i></b>											
Edible flesh	NE Pacific	78.9	18.2	1.78	1.10						137
<b>Rockfish, Greenstriped, <i>Sebastes elongatus</i></b>											
Edible flesh	NE Pacific	78.5	20.3	0.73	1.21						137
<b>Rockfish, Idiot, <i>Sebastes alascanus</i></b>											
Edible flesh	NE Pacific	80.7	17.3	1.67	1.07						137
<b>Rockfish, Orange</b>											
Unspecified											
Fillet, MS	Unspecified	76.94	14.50	7.66	1.62						30
<i>Sebastes pinniger</i>											
Edible flesh	NE Pacific	79.6	18.7	1.39	1.15						137
Fillet	Unspecified			3.1				0.98 WW			27
Fillet, iced 24 h	NE Pacific	79.6	18.2	1.84	1.04				36.5		38
Same as above but freeze dried	NE Pacific		89.3 DW	9.0 DW	5.1 DW				0.18 DW		38
Dorsal fillet, frozen	NE Pacific			3.1				38.70			40
<b>Rockfish, Red, <i>Sebastes ruberrimus</i></b>											
Edible flesh	SE Alaska	51.4	17.2	0.20	1.02						137
<b>Rockfish, Rosy, <i>Sebastes rosaceus</i></b>											
Edible flesh	NE Pacific	79.1	19.3	0.84	1.09						137
<b>Rockfish, Rougheye, <i>Sebastes aleutianus</i></b>											
Edible flesh	SE Alaska	79.6	19.3	1.27	1.63						137
<b>Rockfish, Spinycheek, <i>Sebastes macrochir</i></b>											
Flesh	Japan			11.9				14.2			161
<b>Rockfish, Yellowtail</b>											
Unspecified											
Unspecified	Unspecified								56.2		159
Fillet, MS	Unspecified	73.21	14.48	7.69	2.03						30
<i>Sebastes flavidus</i>											
Edible flesh	NE Pacific	79.3	18.9	1.56	1.19						137
<b>Rockfish, Widow, <i>Sebastes entomelas</i></b>											
Edible flesh	SE Alaska	78.7	19.6	1.60	1.16						137
<b>Roughy, Orange, <i>Hoplostethus atlanticus</i></b>											
Fresh, frozen muscle	N.Z.			3.9						22	39
Fresh, frozen roe	N.Z.			3.5						40	39
<b>Ruff, Tommy, <i>Arripis georgianus</i></b>											
Fillet	Australia, retail			0.8				46.90			33
<b>Runner, Rainbow, <i>Elagatis bipinnulatus</i></b>											
Fillet midline, muscle/skin XS	Malaysia, retail			1.0				42.00			34
<b>Sablefish, <i>Anoplopoma fimbria</i></b>											
Edible flesh	NE Pacific	70.7	13.8	15.1	1.09						137
Fillet	Unspecified			13.1				1.64 WW			27

Table 1—Finfish (Continued)

Common/scientific names		Moisture	Protein	Fat	Ash	Carbo-	Energy	PUFA	Na	Choles-	Source
Description	Location	(%)	(%)	(%)	(%)	hydrate	(Cal/100g)	(% total FA)	(mg %)	terol	no.
						(%)				(mg %)	
<b>Sablefish, <i>Anoplopoma fimbria</i> (continued)</b>											
Edible portion	NE Pacific			6.4				27.40			40
Flesh	Unspecified							4.00			2
<b>Saithe</b>											
Unspecified											
Whole	Norway			4.83				24.5			87
								EPA & DHA only			
Gutted	Norway			0.47				42.0			87
								EPA & DHA only			
Roe	Norway			0.5				41.1			87
								EPA & DHA only			
Whole	Norway								103.50		66
Gutted	Norway								119.00		66
Roe	Norway								87		66
Raw	Unspecified	81.0	17.0	0.5		0	73		73		118
Steamed pieces from tail end	Unspecified	74.8	23.3	0.6		0	99		97		118
<b><i>Pollachius virens</i></b>											
Ripe roe, frozen	Scotland	72		15.4 DW				PL 45.40		11.1 TL	146
								NL 34.30			
Whole	NE Atlantic		17.3	4.8	2.7			39.50			3
Gutted	NE Atlantic		18.7	0.5	3.1			49.60			3
<b>Salmon, Unspecified</b>											
Unspecified	Unspecified									65.0	143
Raw	Unspecified									95.0	143
Canned	Unspecified									32.9-75.1	143
Steak	Europe			0.91						53.0	1
Flesh	N. America									35	1
Smoked, in oil	Sydney, retail			4.5				47.5		26	120
Raw	Atlantic	68.0	18.4	12.0		0	182		98		118
Steamed shoulder flesh	Unspecified	65.4	20.1	13.0		0	197		110		118
Canned	Unspecified	70.4	20.3	8.2		0	155		570		118
Smoked	Unspecified	64.9	25.4	4.5		0	142		1880		118
Muscle	N. America									95	1
Fresh, frozen fillet	N.Y. State							52.30			76
<b>Salmon, Atlantic</b>											
Unspecified											
Fresh	Retail			1.3				0.3 WW			1
Steak	Retail			1.5				0.35 WW			79
<b><i>Salmo salar</i></b>											
Fillet	Unspecified			5.8				0.51 WW			27
Fresh, frozen fillet	N.Y. State			4.0				50.60			77
Raw edible portion	Unspecified									60	84
Whole body, dried	Canada, Miramichi River	75-82	13-17	1-5							127
<b>Salmon, Australian, <i>Arripis trutta</i></b>											
Fillet	Australia, retail			1.8				46.00			33
<b>Salmon, Baltic, <i>Salmo salar</i></b>											
Salted fillet	Unspecified							53.61			36
<b>Salmon, Chinook</b>											
<b><i>Oncorhynchus tshawytscha</i></b>											
Edible flesh	NE Pacific	73.1	19.5	11.5	1.28						137
Fillet	Unspecified			13.2				2.49 WW			27
Canned	Unspecified			16.0				3.36 WW			27
Steak anterior to dorsal fin, frozen	NE Pacific			13.2				22.70			40
<b>Dietary Study:</b>											
wild smolts											
Whole body	NE Pacific	80	75 DW	12 DW	10 DW			NL 34.00			123
								PL 50.00			
hatchery-reared smolts											
Whole body	Unspecified	75	65 DW	20 DW	8 DW			NL 27.63			123
								PL 45.87			
<b>Salmon, Chum, <i>Oncorhynchus keta</i></b>											
Edible flesh	NE Pacific	74.1	21.3	3.86	1.18						137
Fillet	Unspecified			3.9				0.76 WW			27
Steak anterior to dorsal fin, frozen	NE Pacific			3.3				33.10			40

**Table 1—Finfish (Continued)**

Common/scientific names		Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo-hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg %)	Choles-terol (mg %)	Source no.
Description	Location										
<b>Salmon, Coho, Unspecified</b>											
Canned:											
meat	"Domestic"			7.7				1.8 WW			1
liquor	"Domestic"			5.9				1.2 WW			1
Canned:											
meat	Retail			7.7				2.1 WW		41.6	79
liquor	Retail			5.9				1.4 WW		24.8	79
<i>Oncorhynchus kisutch</i>											
Edible flesh	NE Pacific	72.6	21.7	5.31	1.21						137
Fillet	NE Pacific			7.5				2.28 WW			27
Canned	NE Pacific			9.9				2.31 WW			27
Steak	Lake Michigan			4.8				1.28 WW			27
Fresh, frozen, whole, ground	Lake Michigan	70.8		7.3	1.9		181.8				129
Thick steak	Unspecified			7.76							28
Tail steak	Unspecified			3.41							28
Steak anterior to dorsal fin, frozen	NE Pacific			7.5				35.80			40
Unspecified	Unspecified							PL 26.50 TG 32.50			2
<b>Salmon, Keta, Unspecified</b>											
Canned:											
meat	"Domestic"			6.5				2.0 WW			1
liquor	"Domestic"			6.1				1.2 WW			1
Canned:											
meat	Retail			6.5						39.0	79
liquor	Retail			6.1						11.0	79
<b>Salmon, Masu, <i>Oncorhynchus masou</i></b>											
Experimental fish:											
Flesh FW	Japan			2.60				NL 27.70 PL 27.57			115
Flesh SW	Japan			3.44				NL 26.02 PL 27.57			115
Wild fish	Japan							NL 24.61			115
<b>Salmon, Pink</b>											
Unspecified											
Canned	Unspecified								430.34		159
Canned	Unspecified									57.0	124
Canned	Unspecified								521		131
Canned:											
meat	"Domestic"			6.1				1.6 WW			1
liquor	"Domestic"			3.0				0.6 WW			1
<i>Oncorhynchus gorbuscha</i>											
Edible flesh	NE Pacific	75.6	19.0	4.76	1.20						137
Fillet	Unspecified			5.2				1.98 WW			27
Thick steak	Unspecified			4.3							28
Tail steak	Unspecified			2.7							28
Male:											
dark muscle			11.3								83
white muscle			1.7								83
belly			8.8								83
Female:											
dark muscle			13.7								83
white muscle			2.3								83
belly			11.3								83
Steak anterior to dorsal fin, frozen	NE Pacific			9.2				44.80			40
Eggs	NE Pacific			3.7				49.80			40
<b>Salmon, Red, Unspecified</b>											
Canned	Unspecified									63.8	124
Canned, 100 g	Unspecified		45 RDA				160				37
Canned in water	Sydney, retail			4.7				34.7		44	121
Canned	Unspecified								453.67		159
<b>Salmon, Sockeye</b>											
Unspecified											
Canned:											
meat	"Imported"			11.6				2.2 WW			1
liquor	"Imported"			18.7				3.9 WW			1

Table 1—Finfish (Continued)

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg %)	Choles- terol (mg %)	Source no.
<b>Salmon, Sockeye (continued)</b>											
Unspecified (continued)											
Canned:											
meat	Retail			11.6						23.2	79
liquor	Retail			18.7						43.0	79
<i>Oncorhynchus nerka</i>											
Edible flesh	NE Pacific	70.0	21.3	8.55	1.18						137
Fillet	Unspecified			8.9				5.10 WW			28
Canned	Unspecified			6.7				2.54 WW			27
Fillet	Unspecified			8.9				4.71 WW			27
Fresh fillet	Alaska	73.8	19.8	7.79	0.99				42.7		38
Fresh fillet	Alaska		75.7 DW	29.7 DW	3.77 DW				0.10 DW		38
but freeze dried											
Canned	Alaska	66.6	26.3	8.03	2.56				479.6		38
Same as above	Alaska		78.8 DW	24.1 DW	7.65 DW				1.44 DW		38
but freeze dried											
Anterior flesh	Japan			8.1				15.1			161
Posterior flesh	Japan			6.1				16.8			161
Ventral flesh	Japan			15.0				15.9			161
Raw edible portion	Unspecified	71.9	22.8	6.3	1.2		154		63		83
<b>Salmon, Threadfin, <i>Poladactylus</i> sp.</b>											
Fresh, frozen fillet	NW Australia			3.3				32.20			136
<b>Sandeel</b>											
Unspecified											
Whole	Norway								84		66
Unspecified	Norway			8.4				29.2			87
EPA & DHA only											
<i>Ammodytes lancea</i>											
Ripe roe, frozen	Scotland	64		19.7 DW				PL 49.20 NL 41.60		4.7 TL	146
<b>Sandfish, <i>Arctoscopus japonicus</i></b>											
Flesh	Japan			3.3				26.8			161
<b>Sandtrout, <i>Cynoscion arenarius</i></b>											
Minced flesh, fresh	Gulf of Mex.	78.05	18.69	2.65	1.03						29
Minced flesh, frozen	Gulf of Mex.	78.25	17.50	2.00	0.95						29
Minced flesh	Gulf of Mex.							22.0			29
<b>Sand Lance, American, <i>Ammodytes americanus</i></b>											
Whole	Unspecified			7.2				1.57 WW			27
<b>Sardine</b>											
Unspecified											
Canned, in tomatoe sauce	Unspecified									40.6	124
Unspecified	Unspecified									68.4-141.0	143
Canned in oil	N. America			11.1						140	1
Commercial oil	Portugal							38.75			3
Canned:											
meat	''Imported''			21.9				3.6 WW			1
liquor	''Imported''			94.5				15.4 WW			1
In oil	Sydney, retail			12.5				16.7		145	120
Canned in oil, drained	Unspecified	58.4	23.7	13.6		0	217		650		118
Canned in oil, undrained	Unspecified	48.5	19.7	28.5		0	334		540		118
Canned in tomatoe sauce	Unspecified	65.0	17.8	11.6		0.5	177		700		118
<i>Sardinella fimbriata</i>											
Fillet midline muscle/skin XS	Malaysia, retail			2.0				39.5			34
<i>Sardinella longiceps</i>											
Oil	Unspecified							38.00		370	132
<i>Sardinops melanosticta</i>											
Flesh	Japan			7.02				NL 25.69 PL 31.32			49
<b>Sardine, Spanish, <i>Sardinella aurita</i></b>											
Raw	Florida	75.41	20.09	3.22	1.75			42.9			45
Canned	Florida	69.63	24.52	4.21	1.90			43.25			45
Raw, headed, gutted	Florida			1.3							45
Canned in 2% brine	Florida			2.05							45

**Table 1—Finfish (Continued)**

Common/scientific names		Moisture	Protein	Fat	Ash	Carbo- hydrate	Energy	PUFA	Na	Choles- terol	Source
Description	Location	(%)	(%)	(%)	(%)	(%)	(Cal/100g)	(% total FA)	(mg%)	(mg%)	no.
<b>Sardine, Spanish, <i>Sardinella aurita</i> (continued)</b>											
Canned in soybean oil	Florida			9.64							45
Headed, gutted, frozen	Fla., Atlantic	76.05	20.83	1.79	2.68						44
Headed, gutted, frozen	Gulf of Mex.	74.73	20.90	2.42	2.69						44
Fillet	Fla., Atlantic	75.86	22.40	1.31	1.77						44
Whole	Fla., Atlantic	76.99	18.59	1.84	4.08						44
Unspecified	Unspecified							45.6			44
<b>Scad, <i>Decapterus muroadsi</i></b>											
Fillet	Unspecified			2.4				0.71 WW			27
<b>Scad, Black Sea, <i>T. med. pont</i></b>											
Light meat	Unspecified			4.9							2
Dark meat	Unspecified			10.5							2
<b>Scad, Round</b>											
<i>Decapterus punctatus</i>											
Headed, gutted, frozen	Fla., Atlantic	74.06	21.64	2.52	3.12						44
Headed, gutted, frozen	Gulf of Mex.	73.95	22.60	2.60	2.60						44
Whole	Fla., Atlantic	74.18	20.03	2.96	3.89						44
Fillet	Fla., Atlantic	75.71	22.22	1.90	1.42						44
Unspecified	Unspecified							43.3			44
<i>Decapterus russelli</i>											
Fillet midline, muscle/skin XS	Malaysia, retail			2.1				51.40			34
<b>Scad, Yellow, <i>Selaroides leptolepis</i></b>											
Fillet midline, muscle/skin XS	Malaysia, retail			2.9				29.20			34
<b>Scad, Yellowtail, <i>Caranx djeddaba</i></b>											
Fillet midline, muscle/skin XS	Malaysia, retail			1.4				43.70			34
<b>Sculpin, Deepwater, <i>Myoxocephalus quadricornis</i></b>											
Fresh, frozen, whole, ground	Lake Michigan	77.6		5.4	2.6		129.5				129
<b>Sculpin, Slimy, <i>Cottus cognatus</i></b>											
Fresh, frozen, whole, ground	Lake Michigan	76.2		5.3	2.6		137.2				129
<b>Scup, <i>Stenotomus chrysops</i></b>											
Fresh, edible portion, iced < 1 d	New England	77.65	17.51	3.97	1.46				21.11	37.69	64
<b>Sea Bass, <i>Centropristes striatus</i></b>											
Edible, raw, skinned portion, iced 2 d	Virginia, retail	79.80	18.46	2.08	1.09				55.6		8
Same as above but cooked	Virginia, retail	74.17	26.14	1.56	1.42				49.4		8
<b>Sea Bass, Japanese, <i>Lateolabrax japonicus</i></b>											
Fillet	Unspecified			2.8				1.07 WW			27
<b>Sea Bream, <i>Pagrus major</i></b>											
Liver	Japan, retail									427	61
<b>Sea Bream, Black, <i>Mylio macrocephalus</i></b>											
Fresh, whole body, hatchery-reared	Japan			3.85							162
<b>Sea Bream, Red, <i>Chrysophrys major</i></b>											
Fresh, whole body	Japan			3.8							162
<b>Sea Pike, Giant, <i>Pshyraena jello</i></b>											
Fillet, midline, muscle/skin XS	Malaysia, retail			0.8				46.10			34
<b>Sea Pike, Shortnecked, <i>Sphyaena langsar</i></b>											
Fresh muscle	India			1.51				28.96			149
<b>Sea Trout, Gray, <i>Cynoscion nobilis</i></b>											
Edible, raw, skinned portion, iced < 2 d	Virginia, retail	76.98	18.62	3.41	1.13				40.9		8
Same as above but cooked retail	Virginia, retail	71.38	24.16	4.41	1.40				45.4		8
<b>Sea Trout, Silver, <i>Cynoscion nothus</i></b>											
Minced	Gulf of Mex.	80.38	17.95	0.56	1.10						103
<b>Shad, American, <i>Alosa sapidissima</i></b>											
Edible flesh	NE Pacific	71.4	18.8	7.9	1.48						137
Fillet, iced 24 h	NE Pacific	65.8	20.8	13.00	1.49				48.9		38
Same as above but freeze dried	NE Pacific		60.7 DW	38.1 DW	4.4 DW				0.15 DW		38

Table 1—Finfish (Continued)

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
<b>Shad</b> , Gizzard, <i>Anodontostoma chacunda</i>											
Fillet midline, muscle/skin XS	Malaysia, retail			2.7				22.80			34
Edible flesh	India		2.25					21.5			125
<b>Shark</b> , <i>Carcharias taurus</i> & <i>Sphyrna diplana</i>											
Liver oil	Lagos	46.75		32.42				33.40			10
<b>Shark</b> , Basking, Unspecified											
Meat	Norway								250		66
Meat	Norway			6.3				16.8			87
								EPA & DHA only			
<b>Shark</b> , Salmon, <i>Lamna ditropis</i>											
Dorsal flesh	Unspecified			1.9				0.81 WW			27
<b>Shark</b> , School, <i>Galeorhinus australis</i>											
Fillet	Australia, retail			1.1				47.10			33
<b>Sheepshead</b> , (Drum)											
<i>Aplodinotus grunniens</i>											
Commercial oil from whole fish	Commercial			11.9						6.9 mg TL	6
<i>Archosargus probatocephalus</i>											
Minced flesh, fresh	Gulf of Mex.	79.62	14.65	3.21	1.15						29
Minced flesh, frozen	Gulf of Mex.	78.62	14.63	3.20	0.84						29
Minced flesh	Gulf of Mex.							30.1			29
<b>Skate</b>											
Unspecified											
Fried in batter	Retail	61.8	17.9	12.1		4.9	199		140		118
<i>Raja</i> sp.											
Edible flesh	Unknown	81.8	16.3	6.05	1.68						137
<b>Skate</b> (Short noseray), <i>Rhinobatos granulatus</i>											
Edible meat	India			0.6				29.3			125
<b>Smelt</b> , <i>Osmerus dentex</i>											
Whole	Japan									98.8 TS	145
<b>Smelt</b> , American, <i>Osmerus mordax</i>											
Fresh, frozen fillet	N.Y. State	77.8	18.3	2.2	1.2				60	70	78
Fresh, frozen fillet	N.Y. State			2.2				50.20			77
Breaded	Canada, retail	58.1	13.8	10.8	1.6		220		379		24
Eviscerated	Unspecified			1.7				0.51 WW			27
Fresh frozen, whole, ground	Lake Michigan	74.6		6.6	1.8		159.0				129
<b>Smelt</b> , Longfin, <i>Spirinchus lanceolatus</i>											
Flesh	Japan			9.9				16.1			161
<b>Smelt</b> , Pond, <i>Hypomesus olidus</i>											
Dorsal flesh	Unspecified			0.73				0.27			27
Whole body	Japan			4.3				29.6			161
<b>Smelt</b> , Silver Great, Unspecified											
Whole	Norway								145.33		66
Unspecified	Norway							14.9			87
								EPA & DHA only			
<b>Smelt</b> , Surf, <i>Hypomesus japonicus</i>											
Flesh	Japan			1.2				30.5			161
<b>Smelt</b> , Sweet, <i>Plecoglossus altivelis</i>											
Dorsal flesh	Unspecified			2.8				0.50 WW			27
Flesh	Japan			4.8				21.5			161
Flesh	Japan:										
	Sea of Himi			1.7				TG 37.8			114
								PL 52.2			
	Lake Biwa			2.4				TG 32.9			114
								PL 10.3			
	River Jinzu			Male 3.17				TG 24.3			114
				Female 3.32				PL 35.2			
<b>Snake Head</b> , Green FW, <i>Ophiocephalus punctatus</i>											
Fresh muscle	India			0.77				29.92			149
<b>Snapper</b>											
Unspecified											
Raw	Unspecified								66		131
<i>Chrysophrys auratus</i>											
Fillet	Australia, retail			2.1				31.00			33
Skinned fillet	N.Z.	75.9	20.9	1.94	1.46			12.30	85		47

Table 1—Finfish (Continued)

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
<b>Snapper, Golden, <i>Lutianus fulviflamma</i></b>											
Fresh muscle	India			0.84				24.39			149
<b>Snapper, Red <i>Lutjanus</i> sp.</b>											
Fresh, frozen fillet	NW Australia			1.4				47.80			136
<b><i>Lutjanus campechanus</i></b>											
Fresh, frozen, fillet	Fla., Atlantic	77.02	19.83	1.50	1.22			42.04	53.3		31
Above but baked	Fla., Atlantic	73.22	24.01	1.31	1.26			44.44	52.0		31
Above but broiled	Fla., Atlantic	71.97	25.31	1.75	1.37			44.89	58.8		31
Above but deep fried	Fla., Atlantic	68.46	26.10	5.49	1.45			56.14	61.2		31
Above but microwaved	Fla., Atlantic	73.87	24.07	1.65	1.34			43.28	56.4		31
Fillet	Unspecified			1.2				0.42 WW			27
<b><i>Trachichthodes gerrardi</i></b>											
Fillet	Australia, retail			0.8				49.30			33
<b>Snapper, Waigue, <i>Lutianus waigiensis</i></b>											
Fresh muscle	India			3.13				19.00			149
<b>Snook, <i>Australuzza novaehollandiae</i></b>											
Fillet	Australia, retail			0.9				50.70			33
<b>Sole, Unspecified</b>											
Muscle	European waters			0.60-2.10						41.5-58.5	1
Unspecified	Japan			0.99						51	1
<b>Sole, Atlantic spp., Unspecified</b>											
Frozen, fillet	Canada, retail	83.3	14.9	1.06	1.1		73		92		24
Fish sticks	Canada, retail	63.2	10.6	9.9	2.0	14.3			554		24
<b>Sole, Dover</b>											
Unspecified											
Unspecified	Unspecified								139		159
<b><i>Microstomus pacificus</i></b>											
Edible flesh	NE Pacific	85.4	16.8	0.95	1.11						137
Fillet iced 24 h	NE Pacific	84.4	14.7	0.81	0.93				75.0		38
Same as above but freeze dried	NE Pacific		94.4 DW	5.2 DW	6.0 DW				0.48 DW		38
<b>Sole, Dover Japanese, <i>Microstomus achne</i></b>											
Flesh, frozen	Japan			2.3				23.3			54
<b>Sole, English</b>											
Unspecified											
Fillet, MS	Unspecified	83.44	11.84	2.28	2.14						30
<b><i>Parophrys vetulus</i></b>											
Edible flesh	NE Pacific	81.4	16.8	1.36	1.12						137
Fillet, iced 24 h	NE Pacific	81.9	16.1	1.40	0.99				49.8		38
Same as above but freeze dried	NE Pacific		89.0 DW	7.8 DW	6.0 DW				0.28 DW		38
<b>Sole, Flathead</b>											
<b><i>Hippoglossoides elassodon</i></b>											
Edible flesh	NE Pacific	81.0	19.2	1.10	1.13						137
<b><i>Hippoglossoides dubius</i></b>											
Flesh, frozen	Japan			1.9				27.5			54
<b>Sole, Lemon</b>											
Unspecified											
Raw	Unspecified	81.2	17.1	1.4		0	81		95		118
Headed, boned, fried in crumbs	Unspecified	60.5	16.1	13.0		9.3	216		140		118
Steamed flesh	Unspecified	77.2	20.6	0.9		0	91		120		118
<b><i>Microstomus kitt</i></b>											
Fillet	Unspecified			0.78				0.27 WW			27
<b>Sole, Malabar, <i>Cynoglossus semifasciatus</i></b>											
Fillet	Unspecified			2.0				0.18 WW			27
<b>Sole, Petrale</b>											
Unspecified											
Fillet, MS	Unspecified	77.12	13.52	8.16	1.34						30
<b><i>Eopsetta jordani</i></b>											
Edible flesh	NE Pacific	80.0	17.6	0.80	1.19						137
Fillet, iced 24 h	NE Pacific	79.3	18.8	1.41	1.05				46.4		38
Same as above but freeze dried	NE Pacific		91.0 DW	6.8 DW	5.1 DW				0.23 DW		38
<b>Sole, Rex, <i>Glyptocephalus zachirus</i></b>											
Edible flesh	NE Pacific	82.3	16.7	0.71	1.10						137



Table 1—Finfish (Continued)

Common/scientific names		Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
Description	Location										
<b>Sole, Rex Japanese, <i>Glyptocephalus stelleri</i></b>											
Flesh, frozen	Japan			1.2				19.5			54
<b>Sole, Rock, <i>Lepidopsetta bilineata</i></b>											
Edible flesh	NE Pacific	80.7	19.2	0.77	1.15						137
<b>Sole, Roughscale, <i>Clidoderma asperrimum</i></b>											
Flesh, frozen	Japan			5.6				21.8			54
<b>Sole, Sand, <i>Psetichthys melanostictus</i></b>											
Edible flesh	Puget Sound	83.4	16.1	0.44	1.07						137
<b>Sole, Yellowfin, <i>Limanda aspera</i></b>											
Edible flesh	Bering Sea	82.66	17.0	1.25	1.46						137
<b>Spadefish, <i>Chaetodipterus faber</i></b>											
Liver oil	S. Carolina							15 WW			119
<b>Spot, <i>Leiostomus xanthurus</i></b>											
Edible, skinned	Virginia, retail	70.23	19.70	10.24	1.20				28.6		8
portion, iced < 2 d											
Same as above	Virginia, retail	71.38	24.16	4.41	1.40				45.4		8
but cooked											
Blocks, frozen, stored 1 yr:											
fillet	N. Carolina, retail	75.84	18.76	5.27	1.01			24.68			157
mince	N. Carolina, retail	76.21	18.29	5.24	1.05			23.72			157
Minced	Gulf of Mex.	73.86	17.97	6.04	1.15						103
<b>Spot, Pearl FW, <i>Eetroplus suratensis</i></b>											
Fresh muscle	India			2.30				21.87			149
Minced fillet	India	75.29	22.50	2.378	0.9426	717.5 mg	117.3		126.9		106
<b>Sprat</b>											
Unspecified											
Unspecified	Norway			11.75				19.0			87
								EPA & DHA only			
In oil	Sydney, retail			9.9				25.7		251	120
Whole	Norway								304.33		66
Deep fat fried	Unspecified	33.7	24.9	37.9		0	441		130		118
<b><i>Clupea sprattus</i></b>											
Whole	Unspecified			13.5				2.18 WW			27
Fillet	Unspecified			5.1				1.20 WW			27
<b>Stingray, <i>Dasyatis zugei</i></b>											
Fillet midline, muscle/skin XS	Malaysia, retail			0.6				40.80			34
<b>Sturgeon</b>											
<b><i>Acipenser baeri</i></b>											
Dorsal meat	Japan			7-14							5
Ventral meat	Japan			71-76							5
Liver	Japan			38-41							5
<b><i>Acipenser shrenki</i></b>											
Liver	Japan	41									5
<b>Sturgeon, Atlantic, <i>Acipenser oxyrhynchus</i></b>											
Whole steak section	NW Atlantic							44.8			5
White subdermal layer	NW Atlantic							28.1			5
Muscle	NW Atlantic							45.4			5
Orange tissue	NW Atlantic							29.2-42.8			5
<b>Sturgeon, Common, <i>Acipenser sturio</i></b>											
Fillet	Unspecified			3.3				0.30 WW			27
<b>Sturgeon, Russian, <i>Acipenser guldenstadti</i></b>											
Fillet	Unspecified			10.6				2.78 WW			27
<b>Sucker, <i>Catostomus catostomus</i></b>											
Minced flesh, MD, summer harvest	Lake Michigan	76.8	17.3	5.9							105
<b>Sucker, White FW, <i>Catostomus commersonni</i></b>											
Fresh, frozen fillet	N.Y. State	79.20		1.48				0.50 WW		36	99
Above but baked	N.Y. State	75.8			2.53			0.97 WW		34	99
Above but pan fried	N.Y. State	59.0		6.22				2.70 WW		22	99
Above but deep fried	N.Y. State	69.3		6.22				2.71 WW		34	99
Fresh, frozen:											
dark muscle	N.Y. State	75.61		6.23				31.94			97
white muscle	N.Y. State	78.43		Dorsal 1.26 Ventral 1.64				Dorsal 41.92 Ventral 39.49			97
Fresh, frozen fillet	N.Y. State	77.94		2.99							97
Fresh, frozen fillet	N.Y. State	78.6	16.9	1.9	1.2				40	63	78
Fresh, frozen fillet	N.Y. State			1.9				39.80			77

Table 1—Finfish (Continued)

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
<b>Sucker, White FW, <i>Catostomus commersonni</i> (continued)</b>											
Fresh, minced, MD, edible portion	N.Y. State	82.7		1.5				41.7			96
Fresh fillet	N.Y. State	80.8		1.6				38.9			96
Minced fillet, MD:											
summer harvest	Lake Huron	75.3	17.1	4.9							105
winter harvest	Lake Huron	79.7	15.45	2.75							105
Dark muscle	Unspecified			6.2							83
White muscle	Unspecified			1.4							83
<b>Sunfish, Pumpkinseed, <i>Lepomis gibbosus</i></b>											
Fresh, frozen fillet	N.Y. State	79.5	19.4	0.7	1.1				80	67	78
Fresh, frozen fillet	N.Y. State			0.7				48.20			77
<b>Swordfish, <i>Xiphias gladius</i></b>											
Raw edible portion										60	84
<b>Tarakahi, <i>Cheilodactylus macropterus</i></b>											
Skinned fillet	N.Z.	75.4	20.3	3.90	1.43			46.40	101		47
Skin on fillet	N.Z.	74.6	21.2	5.12	1.29				104		47
<b>Teleost Fish:</b>											
<i>Beryx splendens</i>											
Fresh, frozen fillet	N.Z.							20.5			56
<i>Centrolophus</i> sp.											
Fresh, frozen flesh	N.Z.			21.0							56
<i>Congridae</i> sp.											
Fresh, frozen flesh	N.Z.							NL 26.7			56
<i>Cubiceps gracilis</i>											
Fresh, frozen flesh	N.Z.			18.9							56
<i>Epigonus</i> sp.											
Fresh, frozen flesh	N.Z.							NL 16.1			56
<i>H. gilchristi</i>											
Muscle	Unspecified			7.9				By lipid class			51
<i>Hoplostethus atlanticus</i>											
Fresh, frozen muscle	N.Z.			4.5				By lipid class			51
<i>Macruronus novaezelandidae</i>											
Fresh, frozen fillet	N.Z.							21.9			56
<i>Seriolleva</i> sp.											
Fresh, frozen flesh	N.Z.			13.8				NL 8.9 PL 23.7			56
<i>Seriolleva maculatus</i>											
Fresh, frozen flesh	N.Z.			15.2							56
<i>Seriolleva punctata</i>											
Fresh, frozen flesh	N.Z.			11.5				NL 15.7 PL 23.7			56
<i>Stromateus maculatus</i>											
Fresh, frozen flesh	N.Z.			20.1							56
<b>Threadfin, <i>Eleutheronema tetradactylum</i></b>											
Fillet midline, muscle/skin XS	Malaysia, retail			0.9				47.00			34
<b>Tilapia hybrid cross, <i>S. aureus</i> × <i>S. niloticus</i></b>											
Body:											
manure fed	Israel	73.63	16.47	6.33	3.63			24.00			148
pellet fed	Israel	71.2	17.6	8.1	3.6			23.25			148
pellet & oil fed	Israel	69.2	17.5	8.7	3.4			24.35			148
<b>Tilapia, <i>Tilapia</i> sp.</b>											
Minced flesh, fresh	Gulf of Mex.	81.80	14.81	2.50	0.75						29
Minced flesh, frozen	Gulf of Mex.	80.80	15.69	3.40	0.79						29
<b>Torpedofish, <i>Megalaspis cordyla</i></b>											
Fillet, midline, muscle/skin XS	Malaysia, retail			1.2				47.50			34
<b>Trevally (Skippy), <i>Carangoides</i> sp.</b>											
Fresh, frozen fillet	NW Australia			2.0				45.10			136
<b>Trevally</b>											
<i>Caranx</i> sp.											
Fresh, frozen fillet	NW Australia			1.8				55.90			136
<i>Caranx georgianus</i>											
Skinned fillet	N.Z.	75.0	21.5	2.64	1.34			39.90	74		47
<i>Caranx malabaricus</i>											
Fillet midline, muscle/skin XS	Malaysia, retail			1.4				27.80			34

Table 1—Finfish (Continued)

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
<b>Trout</b>											
Unspecified	Unspecified								2 9.3		159
Unspecified	Unspecified									50.0-57.0	143
Commercial oil	Unspecified							26.20			1
Flesh	N. America			11.4						55	1
<i>S. iridis</i>											
Muscle	Unspecified			5.3							2
<b>Trout, Brook, <i>Salvelinus fontinalis</i></b>											
Fresh, frozen fillet	N.Y. State	74.3	21.5	3.4	1.3				60	68	78
Fresh, frozen fillet	N.Y. State			3.4				37.60			77
Eviscerated	Unspecified			7.7				1.04 WW			27
Eggs & fry	Artificially spawned							39.5-44.4			9
<b>Trout, Brown, Unspecified</b>											
Steamed flesh	Unspecified	70.6	23.5	4.5		0	135		88		118
<b>Trout, Cutthroat, <i>Salmo clarki</i></b>											
Edible flesh	Prince Edward Island, Alaska	78.2	19.9	1.8	1.4						137
<b>Trout, Dolly Varden, <i>Salvelinus malma</i></b>											
Edible flesh	Lake on island in Bristol Bay	74.1	19.8	5.4	1.2						137
<b>Trout, Lake</b>											
<b>Unspecified</b>											
Raw	Unspecified								79		131
<b><i>Salvelinus namaycush</i></b>											
<b>Fresh, frozen:</b>											
combined fillet	N.Y. State	70.90		7.65				2.77 WW		50	99
anterior fillet	N.Y. State			11.40							99
posterior fillet	N.Y. State			6.66							99
Fresh, frozen baked	N.Y. State	65.8		5.63				5.11 WW		40	99
Same as above but pan fried	N.Y. State	60.4		9.46				8.39 WW		62	99
Same as above but deep fried	N.Y. State	60.0		7.64				6.81 WW		51	99
Fresh, frozen fillet	N.Y. State	72.4	18.6	7.2	1.1				50	51	78
Fresh, frozen fillet	N.Y. State			7.2				36.00			77
Fresh, frozen, whole, ground	Lake Michigan	64.6		16.4	1.8		245.8				129
<b>Trout, Rainbow</b>											
<b><i>Salmo gairdneri</i></b>											
Fresh, frozen roe	Fish farm			8.8						2.4 TL	69
Fresh, frozen fillet	N.Y. State	76.9	18.8	3.1	1.3				30	50	78
Fresh, frozen fillet	N.Y. State			3.1				53.00			77
Whole	Japan									99.7 TS	145
Mature roe, fresh, unwashed	Hatchery stock, Finland	63.1	26.6	7.6	1.7						156
Same as above, but washed	Hatchery stock, Finland	63.7	27.4	7.1	1.5						156
Roe	Hatchery stock, Finland							43.30			72
Roe	Hatchery stock, Finland			9.2							70
Edible flesh	SE Alaska	68.9	21.1	9.02	1.31						137
Raw edible portion	Unspecified	76.9	18.8	3.1	1.3						83
Whole fillet	Unspecified			2.5				42.90			40
Fresh whole body	Japan			5.60							162
Fillet	U.S.A.			4.5				1.38 WW			27
Fillet	Europe			4.5				0.72 WW			27
Eviscerated	Europe			7.0				1.76 WW			27
Fillet	Japan			3.8				1.30 WW			27
Eviscerated	Japan			7.5				0.91 WW			27
<b>Hatchery-reared:</b>											
whole	Hatchery stock, France			7.27							20
muscle	Hatchery stock, France			3.9							20

Table 1—Finfish (Continued)

Common/scientific names		Moisture	Protein	Fat	Ash	Carbo-	Energy	PUFA	Na	Choles-	Source
Description	Location	(%)	(%)	(%)	(%)	hydrate	(Cal/100g)	(% total FA)	(mg%)	terol	no.
						(%)				(mg%)	
<b>Trout, Rainbow, <i>salmo gairdneri</i> (continued)</b>											
Dietary experiment:											
whole, juveniles	Unspecified							By lipid class			17
whole, juveniles	NE Pacific							NL 43.0			16
								PL 49.9			
livers:											
control	Scotland			10 DW				34.40			57
krill fed	Scotland			20 DW				30.10			57
copepod fed	Scotland			25 DW				41.10			57
Starvation experiment:											
muscle:											
control	Arizona			2.7				20			62
starved	Arizona		1.7-2.3					16-18			62
whole body:											
control	Arizona			4.3				25			62
starved	Arizona			0.9				30-38			62
<b>Tullibee, <i>Coregonus artedii</i></b>											
Commercial fish oil	Unspecified			8.0						8.8 mg TL	6
from whole fish											
<b>Tuna</b>											
Unspecified											
Unspecified	Unspecified									52.0-72.2	143
Spread	Unspecified								329		131
Flesh, iced 2 d,	Nova Scotia			14				22			74
then frozen											
Canned in oil, drained	N. America			8.2						65	1
Canned in water,	N. America			0.8					63		1
not drained											
Canned in water,	Unspecified								362		147
drained, chunk light											
Canned	Unspecified									38.0	124
Canned, chunks	Unspecified									14.6	124
Canned:											
water pack	Retail								461		159
oil pack	Retail								382		159
dietetic	Retail								43.0		159
Canned in water	Unspecified		28	0.79		0	127.1			63	112
In oil	Sydney, retail			7.1				61.4		92	120
<b><i>Euthynnus affinis</i></b>											
Red meat	India, retail	69.37	18.28	4.631	1.224	0.750	120		53.74		107
White meat	India, retail	70.94	18.90	3.056	1.704	0.263	104		47.50		107
<b><i>Thunus obesus</i></b>											
Meat	Unspecified									0.12 TL	68
<b>Tuna, Albacore</b>											
Unspecified											
Canned:											
meat	"Imported"			8.3							1
liquor	"Imported"			73.3				33.9 WW			1
Canned:											
meat	Retail			8.3				3.1 WW			79
liquor	Retail			87.8				35.0 WW			79
Dark muscle	Japan			3.72						53	1
<b><i>Thunnus alalunga</i></b>											
Light meat	NE Pacific	64.9	25.0	10.3	1.26						137
Dark meat	NE Pacific	68.6	22.8	8.25	1.18						137
Total	Pacific							44.40			2
White meat	Unspecified			8.0				3.02 WW			28
Canned, salt added	NE Pacific	70.3	28.1	1.23	1.49				370.4		38
Same as above	NE Pacific		94.5 DW	4.1 DW	5.0 DW				1.25 DW		38
but freeze dried											
White meat	Unspecified			8.0				3.00 WW			27
Canned light meat	Unspecified		6.8					1.81 WW			27
<b>Tuna, Bluefin, <i>Thunnus thynnus</i></b>											
Fillet	Unspecified			4.7				1.40 WW			27
Canned light meat	Unspecified	4.6						1.17 WW			27
<b>Tuna, Bonito, Unspecified</b>											
Unspecified	Japan			1.96						500	1

Table 1—Finfish (Continued)

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
<b>Tuna, Skipjack</b>											
Unspecified											
Canned:											
meat	"Domestic"			6.5				3.1 WW			1
liquor	"Domestic"			24.5				12.9 WW			1
Canned:											
meat	Retail			6.5				3.25 WW		17.6	79
liquor	Retail			24.5				14.55 WW		31.4 WW	79
Canned in oil	Unspecified	54.6	22.8	22.0		0	289		420		118
<i>Euthynnus pelamis</i>											
Fillet	Unspecified			0.9				0.20 WW			27
Canned light meat	Unspecified			0.8				0.24 WW			27
<i>Katsuwonus pelamis</i>											
Muscle	Japan			0.57-0.86							111
Dorsal muscle:											
entire muscle	Japan			1.66							110
external muscle	Japan			1.34				48.2			110
internal muscle	Japan			0.53				53.5			110
Ventral muscle:											
entire muscle	Japan			1.75							110
external muscle	Japan			1.59							110
internal muscle	Japan			0.62							110
<b>Tuna, Slender, <i>Allothunnus fallai</i></b>											
Frozen:											
dorsal meat	Australia			14.95				37.7			12
ventral meat	Australia	28.95						32.7			12
liver oil	Australia			13.05				39.8			12
Fillet, frozen	N.Z.	54.7	19.8	24.1	1.4						154
<b>Tuna, Yellowfin</b>											
Unspecified											
Canned:											
meat	"Domestic"			6.5				3.1 WW			1
liquor	"Domestic"			25.5				13.7 WW			1
Canned:											
meat	Retail			6.5				3.15 WW			79
liquor	Retail			25.5				13.7 WW			79
<i>Thunnus albacares</i>											
Fillet	Unspecified			1.4				0.47 WW			27
Canned light meat	Unspecified	0.6						2.21 WW			27
Brine pack	Unspecified			1.38							28
Oil pack	Unspecified			14.49							28
<b>Turbot, <i>Scophthalmus maximus</i></b>											
Fillet	Australia, retail			4.5				21.60			33
Dietary Study:											
Extrahepatic tissues	Wales							Diet dependant			19
<b>Turbot, Greenland, <i>Reinhardtius hippoglossoides</i></b>											
Commercially frozen	Retail	72.3	14.7	12.8	1.1						128
fillet block											
Frozen fillet	Canada, retail	70.4	15.0	13.7	1.0		187		80		24
Fillet	Unspecified			8.4				0.73 WW			27
<b>Warehou, Blue, <i>Seriolella brama</i></b>											
Fillet, frozen:											
female	N.Z.	74	21.0	4.3	1.3			19.00	45		122
male	N.Z.	75	20.0	3.2	1.3			26.90	55		122
<b>Warehou, Silver, <i>Seriolella punctata</i></b>											
Fillet, frozen:											
female	N.Z.	66	8.5	16.2	1.2			24.50	45		122
male	N.Z.	68	20.0	12.5	1.2			29.30	55		122
<b>Whitebait, Unspecified</b>											
Whole fish fried	Unspecified	23.5	19.5	47.5		5.3	525		230		118
with flour											
<b>Whitefish</b>											
Unspecified											
Muscle											
Raw	European waters			0.46-0.53						40.0-50.0	1
Roe	NE Pacific		17.2	1.5		0	80		52	30	37
Roe	Baltic Sea			9.8							70
<i>Coregonus albula</i>											
Fresh frozen roe	Finland Sea			8.7						1.3 TL	69

**Table 1—Finfish (Continued)**

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
<b>Whitefish (continued)</b>											
Unspecified (continued)											
Mature roe, fresh, washed	Finland Sea	69.3	18.7	9.9	1.0						156
Roe, frozen	Finland			9.8				50.00		1.4 TL	67
Fillet, frozen	Finland			3.0				53.40			67
Flesh lipids	Finland							44.2			71
Roe	Finland							53.20			72
<i>Coregonus artedii</i>											
Flesh lipids	Finland							35.4			71
<b>Whitefish, Lake, <i>Coregonus clupeaformis</i></b>											
Fresh, frozen muscle	NW Atlantic	77.67	21.18	1.17	1.29						11
Fresh, frozen ovary	NW Atlantic	74.35	15.81	9.05	1.08						11
Fillet	Unspecified			5.2				1.54 WW			27
Fresh, frozen, whole, ground	Lake Michigan	58.8		22.4	1.7		219.9				129
Whole fillet	Unspecified			2.2				35.70			40
<b>Whiting</b>											
Unspecified											
Unspecified	Unspecified									20.5-88.2	143
Fresh fillet	Sydney, retail			0.5				45.7		28	121
Headed, boned, fried in crumbs	Unspecified	63.0	16.3	9.3		6.3	173		180		118
Steamed flesh	Unspecified	76.9	20.9	0.9		0	92		130		118
<i>Merlangus merlangus</i>											
Ripe roe, frozen	Scotland	85		10.6 DW				PL 48.40 NL 43.70		11.7 TL	146
<i>Sillago sihama</i>											
Fillet midline, muscle/skin XS	Malaysia, retail			1.0				44.40			34
<b>Whiting, Atlantic, <i>Merluccius bilinearis</i></b>											
Fresh, edible portion, iced < 1 d	New England	82.18	15.78	1.67	0.86				15.75	18.80	64
Fillet	Unspecified			3.8				1.36 WW			28
<b>Whiting, Blue</b>											
Unspecified											
Unspecified	Norway			4.87				24.5			87
Gutted	Norway			0.70				EPA & DHA only 38.5			87
Whole	Norway								176.67		66
Gutted	Norway								58.50		66
<i>Micromestius pontassou</i>											
Whole	NE Atlantic		17.2	4.9	3.1			35.30			3
<b>Whiting, King George, <i>Sillaginodes puctratus</i></b>											
Fillet	Australia, retail			1.0				45.10			33
<b>Whiting, Pacific, Unspecified</b>											
Unspecified	"Ocean"								61.4		159
Unspecified	"Inside"								101		159
<b>Whiting, Sand</b>											
<i>Sillago sp.</i>											
Fresh, frozen fillet	NW Australia			1.2				52.90			136
<i>Sillago ciliata</i>											
Fillet	Australia, retail			1.0				29.90			33
<b>Whiting, Yellowfin, <i>Sillago schomburgkii</i></b>											
Fillet	Australia, retail			1.0				47.20			33
<b>Wolffish, Atlantic, <i>Anarhichas lupus</i></b>											
Fillet	Unspecified			3.0				1.01 WW			27
<b>Wrasse</b>											
<i>Labrus bergylta</i>											
Fillet	Europe			2.0				0.51 WW			27
<i>T. duperreyi</i>											
Muscle	Unspecified			0.5-1.0							2
<b>Wrasse, Ballan, Unspecified</b>											
Unspecified	Norway			3.85				20.5			87
Whole	Norway							EPA & DHA only 66	130.50		
<b>Yellowtail, <i>Seriola dorsalis</i></b>											
Fillet	Unspecified			5.4				0.05 WW			27

**Table 1—Finfish (Continued)**

Common/scientific names		Moisture	Protein	Fat	Ash	Carbo-	Energy	PUFA	Na	Choles-	Source
Description	Location	(%)	(%)	(%)	(%)	hydrate	(Cal/100g)	(% total FA)	(mg%)	terol	no.
		(%)	(%)	(%)	(%)	(%)				(mg%)	
<b>No common names provided:</b>											
<i>Allolepis hollandi</i>											
Flesh	Japan			2.0				18.9			53
<i>Aptocyclus ventricosus</i>											
Flesh	Japan			1.6-3.2				11.1-12.6			53
<i>Arctoscopus japonicus</i>											
Flesh	Japan			2.6				15.9			53
<i>Bothrocara mollis</i>											
Flesh	Japan			0.4				24.8			53
<i>Careproctus segaliensis</i>											
Flesh	Japan			0.6				36.3-38.1			53
<i>Clidoderma asperrimum</i>											
Flesh	Japan			2.8				22.4			53
<i>Liparis tanakai</i>											
Flesh	Japan			0.6				35.8			53
<i>Lotella maximowiezi</i>											
Flesh	Japan			0.3				34.0			52
<i>Lumpenella nigricans</i>											
Flesh	Japan			1.6				21.2			53
<i>Lycodes nakamurai</i>											
Flesh	Japan			1.4				22.9			53
<i>Lycodes tanakai</i>											
Flesh	Japan			4.7				16.2			53
<i>Malacocottus gibber</i>											
Flesh	Japan			1.7				21.5			53
<i>Nematonurus pectoralis</i>											
Flesh	Japan			0.2				30.2			52
<i>Notacanthus fascidens</i>											
Flesh	Japan			9.7							53
<i>Podonema longipes</i>											
Flesh	Japan			0.7				32.5			52
<i>Podotheucus sachi</i>											
Flesh	Japan			8.5				17.3			53
<i>Priacanthus boops</i>											
Flesh	Japan			3.6				18.5			53
<i>Sebastes baramenuke</i>											
Flesh	Japan			2.0				8.1			53
<i>Synaphobranchus kaupii</i>											
Flesh	Japan							11.0			53

Table 2—Shellfish.

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
<b>Abalone</b>											
Unspecified											
Unspecified	Japan			0.66						121	163
Flesh	Sydney, retail			0.9				26.5		105	213
<i>Haliotis</i> sp.											
Edible portion	SE Alaska	76.9	17.1	0.7	1.7						219
<i>Haliotis discus hannai</i>											
Muscle	Japan	72-78	7.5-12.5	1.0-1.5	1.2-2.5	0.1-0.5					210
<i>H. gigantea</i>											
Muscle	Japan	76	0.4	1.5	2.3						210
<i>H. gigantea</i> (Gmelin)											
Muscle	Japan	75-82	9.4	0.2-0.45	1.5						210
<i>H. gigantea discus</i>											
Muscle	Japan	84.0									210
<i>H. gigantea nordatis</i>											
Muscle	Korea	76	20	0.4	2.8	0.4					210
<i>H. gigantea sieboldii</i>											
Muscle	Japan	80.5									210
<i>H. japonica</i> Reeve											
Muscle	Japan	76	10.2	0.3	1.35	7.0					210
<i>H. ruber</i>											
Muscle	Australia	74-78									210
<b>Abalone, Black, <i>Haliotis cracherodi</i></b>											
Edible portion	Unspecified									160	197
Muscle	USA	68-72	18-23	0.75-3.0	3.4	1.5-7.5					210
<b>Abalone, New Zealand, <i>Haliotis iris</i></b>											
Foot muscle	Unspecified			1.0				0.32 WW			178
<b>Abalone, South African, <i>Haliotis midae</i></b>											
Foot muscle	Unspecified			1.1				0.32 WW			178
Total flesh	Unspecified			1.1							164
<b>Clam</b>											
Unspecified											
Unspecified	Unspecified									42-122	221
Meat	N. America			1.6						50	163
In water	Sydney, retail			3.5				35.6		79	213
<i>Codakia orbicularis</i>											
Fresh meat	Bahamas	74.8		1.1	2.9			19.5		20.6	169
<i>Mercenaria mercenaria</i>											
Raw edible flesh	Virginia, retail	81.68	9.70	1.18	1.52				55.8		167
Cooked edible flesh	Virginia, retail	69.00	15.44	1.61	2.15				57.4		167
<i>Tapes japonica</i>											
Raw flesh	Unspecified	84.9	9.2	1.7	1.2	1.8					206
Seasoned, retort pouched	Unspecified	50.9	26.3	4.6	3.7	6.1					206
<b>Clam, Ark Shell, <i>Arca noae</i></b>											
Edible portion	Unspecified			1.5				0.54 WW			178
<b>Clam, Butter</b>											
<i>Saxidomus giganteus</i>											
Edible portion	NE Pacific									39.9	183
<i>Saxidomus nuttalli</i>											
Edible portion	SE Alaska	80.0	13.0	1.23	1.7						219
<b>Clam, Geoduck, <i>Panope generosa</i></b>											
Unspecified	NE Pacific									31.2	183
Syphon	NE Pacific	77.2	15.9	0.8	4.6						219
Body	NE Pacific	78.8	15.0	3.2	1.8						219
<b>Clam, Horse, <i>Tresus capax</i></b>											
Unspecified	NE Pacific									42.4	183
<b>Clam, Japanese FW, <i>Corbicula japonica</i></b>											
Flesh	Unspecified			0.89				0.29 WW			178
<b>Clam, Littleneck</b>											
<i>Protothaca staminea</i>											
Edible portion	SE Alaska	79.4	13.5	1.0	2.6						219
Whole body	Unspecified			0.5				37.5			186
<i>Venerupis staminea</i>											
Unspecified	NE Pacific									35.7	183



Table 2—Shellfish (Continued)

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
<b>Clam, Razor, <i>Siliqua patula</i></b>											
Edible portion	NE Pacific									19.8	183
<b>Clam, Shortnecked, <i>Tapes philippinarum</i></b>											
Unspecified	Japan			0.67-1.55						32.7-42.8	193
<b>Clam, Softshell, <i>Mya arenaria</i></b>											
Cooked meat	NW Atlantic									40	198
<b>Clam, Steamer, Unspecified</b>											
Cooked meat	Unspecified									35	197
<b>Clam, Surf, <i>Spisula solidissima</i></b>											
Cooked meat:											
cultured, 60mm	NW Atlantic	74.3		2.6	1.2			41.8		77.9	202
natural, 60mm	NW Atlantic	74.0		1.3	2.6			30.8		67.8	202
natural, 120mm	NW Atlantic	73.4		1.4	2.8			41.7		63.4	202
Cooked meat	Unspecified									50	198
<b>Clam, Venus, <i>Venus gallina</i>, <i>V. verrucosa</i></b>											
Edible portion	Mediterranean Sea			1.2				0.35 WW			178
<b>Cockle</b>											
Unspecified											
Flesh	Sydney, retail			1.3				31.2		59	213
Boiled in saltwater	Retail	78.9	11.3	0.3		Tr	48		3520		212
<b><i>Cardium corbis</i></b>											
Edible portion	SE Alaska	82.4	11.8	1.0	1.6						219
<b><i>Chinocardium nuttallii</i></b>											
Unspecified	NE Pacific									19.0	183
<b>Crab</b>											
Unspecified											
Unspecified	Unspecified									63.3-145.0	221
Meat	N. America			1.9						100	163
Edible meat	N. America									52-140	163
Body	NE Pacific									54.2	183
Leg	NE Pacific									45.9	183
Shop cooked	Sydney, retail			0.8				53.1		105	213
Boiled	Unspecified	72.5	20.1	5.2		0	127		370		212
Canned	Unspecified	79.2	18.1	0.9	0	81			550		212
Canned	Unspecified									55-77	197
<b><i>Cancer pagurus</i></b>											
Male	Netherlands			0.5						90.8 TS	228
Female	Netherlands			0.4						93.0 TS	228
<b><i>Scylla serrata</i></b>											
Minced edible portion	India	79.23	17.50	0.21	1.39	2.70	82.69		186.8		208
<b>Crab, Alaska King, Unspecified</b>											
Edible meat, frozen	N. America									62.3 TS	163
<b>Crab, Blue</b>											
Unspecified											
Unspecified	Japan			2.22						63	163
<b><i>Callinectes sapidus</i></b>											
Cooked, canned meat	Unspecified			1.6				0.61-0.72 WW			178
Canned	Unspecified			2.1				37.6			186
Raw edible flesh	Virginia, retail	78.83	16.42	0.77	2.06				62.9		167
Cooked edible flesh	Virginia, retail	74.89	21.18	1.21	2.42				57.2		167
Handpicked	Unspecified									100	197
Mechanically extruded	Unspecified									105	197
Brine flotation	Unspecified									95	197
Raw body meat	N. Carolina			1.3				46.6			181
Cooked body meat	N. Carolina			1.3				46.6			181
Cooked, frozen body meat	N. Carolina			2				41.8			181
Edible tissue:											
raw	Mississippi									49	195
frozen	Mississippi									48	195
cooked	Mississippi									25	195
Cooked	Unspecified									120	198
<b>Crab, Blue Swimmer, Unspecified</b>											
Flesh	Sydney, retail			0.8				33.3		54	213
<b>Crab, Chinese, <i>Eriocheir sinensis</i></b>											
Muscle: FW	Unspecified			0.92				TG 19.3 PL 45.2		80	173

Table 2—Shellfish (Continued)

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
<b>Crab, Chinese, <i>Eriocheir sinensis</i> (continued)</b>											
Muscle: SW	Unspecified			0.85				TG 17.0 PL 51.4		90	173
Male	Netherlands			1.2						90.5 TS	228
Female	Netherlands			1.5						89.1 TS	228
<b>Crab, Dungeness, <i>Cancer magister</i></b>											
Meat	Unspecified			1.0				0.34-0.38 WW			178
Body	NE Pacific	78.1	19.3	0.87	1.81						219
Leg	NE Pacific	78.9	18.4	0.82	1.95						219
Body, cooked & commercially processed	NE Pacific	80.1	16.7	0.80	2.51				879.2		180
Same as above but freeze dried	NE Pacific		83.87 DW	4.00 DW	12.65 DW				4.42 DW		180
Leg, cooked & commercially processed	NE Pacific	78.9	18.3	0.78	2.43				805. 2		180
Same as above but freeze dried	NE Pacific		86.45 DW	3.72 DW	11.51 DW				3.82 DW		180
<b>Crab, Green Atlantic, Unspecified</b>											
Edible meat, fresh	N. America									40	163
<b>Crab, Japanese "Kegani", Unspecified</b>											
Meat, canned	N. America									50	163
<b>Crab, Jonah Atlantic Unspecified</b>											
Edible meat, fresh	N. America									70	163
<b><i>Cancer borealis</i></b>											
Cooked meat	NW Atlantic	78.0		1.1				45.7		78.4	201
Unspecified	NW Atlantic									70	197
Unspecified	Nova Scotia	78.2	16.2	1.90	1.47	3.11			276.36		203
Cooked meat	NW Atlantic									75	198
<b>Crab, King Unspecified</b>											
Meat	Unspecified							42.5			163
<b><i>Paralithodes camtschatica</i></b>											
Edible portion	Unspecified, retail									60	198
Cooked legs & claws	Unspecified			1.6				0.70-0.85 WW			178
Body	NE Pacific	86.1	11.6	0.60	2.34						219
Legs	NE Pacific	86.0	13.5	0.69							219
Composite	NE Pacific	79.6	18.2	1.16	1.89						219
<b>Crab, Mangrove Mud, Unspecified</b>											
Flesh	Sydney, retail			0.7				34.5		40	213
<b>Crab, Queen Unspecified</b>											
Meat	Unspecified							49.6			163
Edible meat, frozen	N. America									60	163
<b><i>Chionoecetes opilio</i></b>											
Legs & shoulder muscle	Unspecified			0.70				0.26 WW			178
Leg & claw meat, precooked & frozen	Canada	80.6	15.3	1.14	2.07	0.075			401.58		203
Body meat, precooked & frozen	Canada	82.9	16.0	0.86	1.71	0.054			352.26		203
Canned	Retail	82.5	14.2	1.05	2.01	0.280			703.50		203
Frozen	Retail	80.9	15.6	0.99	2.04	0.270			505.92		203
Muscle	Unspecified			0.75							164
Edible portion, frozen	Canada, retail	80.6	18.5	1.4	2.0		90		539		177
<b>Crab, Red Atlantic, Unspecified</b>											
Edible meat, fresh	N. America									50	163
<b>Crab, Red <i>Geryon quinquedens</i></b>											
Cooked meat	NW Atlantic	81.6		0.9				45.3		78.1	201
Legs & claw meat, precooked & frozen	Nova Scotia	80.8	15.0	0.99	1.44	1.59			331.20		203
Body meat, precooked & frozen	Nova Scotia	80.9	15.1	0.88	1.75	1.27			179.50		203
Unspecified	Unspecified									70	197
Cooked meat	Unspecified									60	198
Unspecified	Unspecified							45.3		78	199
<b><i>Pleuroncodes planipes</i></b>											
Whole crab, pulp	NE Pacific	79.97	8.23	1.63	4.00			45.93			218

**Table 2—Shellfish (Continued)**

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
<b>Crab, Rock Atlantic, Unspecified</b>											
Edible meat, fresh	N. America									90	163
<b>Crab, Rock, <i>Cancer irroratus</i></b>											
Cooked meat	NW Atlantic	79.1		1.2				42.3		70.9	201
Unspecified	Unspecified									70	197
Cooked meat	Unspecified									60	198
<b>Crab, Snow</b>											
Unspecified											
In water	Sydney, retail			2.2				29.6		192	213
<i>Chionoecetes bairdi</i>											
Boiled:											
body shoulder	Alaska	80.0	18.8	1.6	0.4			57.9			196
merus	Alaska	78.6	19.9	1.5	1.2			56.9			196
propodus-carpus	Alaska	81.4	16.6	1.5	1.1			56.0			196
claws	Alaska	80.0	18.0	1.0	1.3			53.7			196
whole body	Alaska	79.4	18.8	1.5	1.0			56.3			196
Canned	Unspecified	78.2	19.5	1.0	1.6			57.3			196
<b>Crab, Toad Atlantic, Unspecified</b>											
Edible meat, fresh	N. America									90	163
<b>Crayfish</b>											
Unspecified											
Meat, fresh	N. America									120	163
<i>A. pallipes</i>											
Muscle	Unspecified			1.77							164
<b>Lobster</b>											
Unspecified											
Raw	Unspecified									200.0	221
Canned	Unspecified									82.7-220.0	221
Unspecified	Cuba									70.0	221
Unspecified	Chile									78.0	221
Boiled	Unspecified								249		217
Canned	Unspecified			0.8-1.1				0.2 WW			163
Meat	N. America			1.5						85	163
Canned meat, drained	Unspecified			1.1				0.2 WW			194
Boiled	Unspecified	72.4	22.1	3.4		0	119		330		212
Cooked product	Unspecified									100	197
<i>Homarus gammarus</i>											
Wild, boiled:											
claw meat	England	77.78	13.79	1.10		1.05					220
tail meat	England	75.68	17.50	1.22	1.94	0.82					220
body meat	England	67.12			1.50						220
Farmed, boiled:											
claw meat	England	75.84	16.08	1.16	1.90	0.97					220
tail meat	England	74.72	16.79	1.28	1.82	0.45					220
body meat	England	67.48			1.73						220
<b>Lobster, American</b>											
Unspecified											
Meat	N. America									170	163
Canned	N. America									90	163
<i>Homarus americanus</i>											
Edible portion	NW Atlantic									70	198
Edible portion	Unspecified									100	197
Edible portion:											
in brine	Canada, retail	81.2	15.8	1.2	2.4		78		689		177
breaded	Canada, retail	59.6	13.4	9.2	2.0		204		512		177
<b>Lobster, Sand, Unspecified</b>											
Flesh	Sydney, retail			1.1				35.1		95	213
<b>Lobster, Spiny</b>											
Unspecified											
Edible meat, frozen	N. America									70	163
<i>Panulirus argus</i>											
Cooked meat	Florida									106	198
Flesh	Unspecified			1.2				0.63 WW			178
<b>Lobster, Southern Rock, <i>Jasus lalandii</i></b>											
Tail meat	Unspecified			1.0				0.39 WW			178
<b>Lobster, Sydney Rock, Unspecified</b>											
Flesh	Sydney, retail			1.2				35.1		79	213
<b>Lobster, Tropical, Unspecified</b>											
Flesh	Sydney, retail			1.0				37.4		58	213

**Table 2—Shellfish (Continued)**

Common/scientific names		Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo-hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles-terol (mg%)	Source no.
Description	Location										
<b>Lobster, West Aust., Unspecified</b>											
Flesh	Sydney, retail		1.0					28.5		52	213
<b>Mussel</b>											
Unspecified											
Raw	Unspecified								286		217
Bottled	Sydney, retail			2.6				54.0		77	214
Fresh	Sydney, retail			2.1				34.4		45	213
Bottled	Sydney, retail			2.7				39.1		62	213
Raw	Retail	84.1	12.1	1.9		Tr	66		290		212
Boiled	Unspecified	79.0	17.2	2.0		Tr	87		210		212
Cooked product	Unspecified									70	197
<i>Mytilus platensis</i>											
Soft tissues	Argentina			1.4				45			176
<i>Perna canaliculus</i>											
Whole, frozen	N.Z.	78.2	13.9	2.20	2.21			57.8	319		190
<b>Mussel, Blue</b>											
<i>Mytilus edulis</i>											
Cooked meat	Unspecified									60	198
Flesh:											
male	Unspecified	79.9	11.8	2.5	2.1	3.5					205
female	Unspecified	79.8	11.7	2.3	2.0	3.3					205
Seasoned retort pouched:											
male	Unspecified	62.5	24.3	5.6	3.0	4.6					205
female	Unspecified	61.5	24.8	5.2	3.2	4.4					205
Seasoned retort pouched, smoked:											
male	Unspecified	48.5	24.1	5.8	2.4						205
female	Unspecified	47.0	24.4	5.6	2.8						205
Edible portion	NE Pacific									25.8	183
Whole, raw	NW Atlantic	80.20	12.3	2.05	1.70						200
Whole, cooked	NW Atlantic	78.91	14.05	2.31	1.53						200
Meat	United Kingdom		58.7 DW	7.0 DW	11.8 DW	22.5 DW	4.92 DW				175
Unspecified								36.00		60	199
Flesh	Unspecified			2.7				0.83 WW			178
Flesh	Unspecified			2.0				1.06 WW			178
Whole body, 1 yr, monthly sampling	Duxbury, MA	77.2		1.9	1.7			27-46			198
Same as above but cooked	Duxbury, MA	76.8		2.3	1.4			40-44			198
<b>Mussel, California, <i>Mytilus californianus</i></b>											
Flesh	Unspecified			1.8				0.72-0.83 WW			178
<b>Mussel, Horse, <i>Modiolus barbatus</i></b>											
Flesh	Unspecified			2.0				0.97 WW			178
<b>Mussel, Mediterranean, Unspecified</b>											
Flesh	Unspecified			1.3				0.38 WW			178
<b>Mussel, New Zealand, <i>Mytilus canaliculus</i></b>											
Flesh	Unspecified			3.3				1.65 WW			178
<b>Octopus</b>											
<i>Eledone cirrhosa</i>											
Digland oils	Scotland			15.4				55.5 TL			187
<i>Octopus</i> sp.											
Muscle skin XS	Australia, retail							52.5			179
<i>Paroctopus hongkongensis</i>											
Edible portion	NE Pacific	84.9	13.2	0.83	1.58						219
<b>Octopus, Common, <i>Octopus vulgaris</i></b>											
Flesh	Unspecified			0.8				0.31 WW			178
<b>Oyster, Unspecified</b>											
Raw	Unspecified								133		217
Fried	Unspecified								205		217
Meat	N. America			2.0						50	163
Meat	N. America									37-150	163
Unspecified	Japan			1.71						76	163
Raw	Unspecified		20				75				184
Bottled	Sydney, retail			2.6				40.1		57	214
Bottled	Sydney, retail			2.6				28.9		72	213
In oil	Sydney, retail			7.7				31.0		38	213
Raw	Retail	85.7	10.8	0.9		Tr	51		510		212
Meat	Unspecified							31.4			163
Meat	Unspecified							11.1			163

Table 2—Shellfish (Continued)

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
<b>Oyster, Alaskan, <i>Ostrea lurida</i></b>											
Edible portion	NE Pacific	86.3	10.6	0.5	1.9						219
<b>Oyster, Eastern, <i>Crassostrea virginica</i></b>											
Flesh	Unspecified			2.1				0.74-0.99 WW			178
Freeze dried flesh	Chesapeake Bay		9.18 DW	9.35 DW	4.94 DW						171
Fresh flesh	Unspecified	81.8-89.8							156-496		224
Processed, various methods	Unspecified	69.9-92.4							8.02-1597		224
Edible tissue:											
raw	Mississippi									63	195
frozen	Mississippi									84	195
cooked	Mississippi									59	195
Raw edible flesh	Virginia, retail	82.20	8.59	2.36	1.40				111.8		167
Cooked edible flesh	Virginia, retail	70.96	12.22	3.89	1.94				151.7		167
Unspecified	Unspecified							31.2			165
Soft tissues	New Brunswick			1.6				31.5			225
Fresh meats	Hatchery-reared									20 TS	168
Fresh meats	Long Island, N.Y.									32 TS	168
Fresh meats	Cape Hatteras, USA									32 TS	168
Fresh meats	Delaware Bay, USA									33 TS	168
Fresh meats	Chesapeake Bay, USA									30 TS	168
Fresh meats	St. Augustine									36 TS	168
<b>Oyster, European, <i>Ostrea edulis</i></b>											
Flesh	Unspecified			1.7				0.42 WW			178
Soft tissues	Great Britan			1.7				11.30			225
Total flesh	Unspecified			1.7				PL 18.6			164
								TG 6.6			164
<b>Oyster, New Zealand, <i>Ostrea lutaria</i></b>											
Flesh	Unspecified			3.1				1.62 WW			178
<b>Oyster, Pacific, <i>Crassostrea gigas</i></b>											
Whole	NE Pacific	81-85	8-11	2.6-3.2	0.8-1.2	3.6-4.3			69-143		180
Same as above but freeze dried	NE Pacific		49-57 DW	17-18 DW	5-6 DW	19-28 DW			0.5-0.8 DW		180
Flesh	Unspecified			2.3				0.97-1.10 WW			178
Entire body	Unspecified			2.5				53.8			186
Freeze dried flesh	Korea		7.91 DW	11.4 DW	6.05 DW						171
Edible portion	NE Pacific	80.5	10.4	1.26	1.43						219
Flesh	Unspecified	84.9	9.2	1.7	1.2	1.8					204
Seasoned retort pouched	Unspecified	46.5-54.1	23.9-28.4	4.0-5.1	3.1-4.2	5.2-6.7					204
Lipids	Japan									2385	193
Whole body	NE Pacific			2.5-3.9						115-160	183
Bottom cultured:											
whole meats	Canada		6	8	12						227
Tray cultured:											
whole meats	Canada		6	8	10						227
<b>Oyster, Sydney Rock, Unspecified</b>											
Flesh	Sydney, retail			2.3				29.0		38	213
<b>Periwinkle</b>											
Unspecified											
Cooked probably boiled in seawater	Retail	79.1	15.3	1.4		Tr	74		1140		212
<b><i>Littorina littorea</i></b>											
Flesh	Unspecified			3.6				1.88 WW			178
<b>Prawn</b>											
Unspecified											
Cooked probably boiled in seawater	Retail	70.0	22.6	1.8		0	107		1590		212
<b><i>Macrobrachium rosenbergii</i></b>											
Cultured:											
whole, fresh	Louisiana St. Univ.			3.18				28.3		113	172
Feeding experiment:											
whole, fresh:											
Diet 1	Hatchery-reared			1.21				47.4			216
Diet 2	Hatchery-reared			1.72				48.1			216
Cultivated:											
unspecified	Unspecified							44.5-46.5			164
Commercial diet:											
whole	Unspecified							44.5			199

**Table 2—Shellfish (Continued)**

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
<b>Prawn, <i>Macrobrachium rosenbergii</i> (continued)</b>											
Above plus "w3" FA:											
whole	Unspecified							46.5			199
<b>Prawn, Banana, Unspecified</b>											
Flesh	Sydney, retail			1.3				23.6		175	213
<b>Prawn, Indian:</b>											
<i>Metapenaeus affinis</i>											
Muscle, fresh	India			1.0				29.6		62 % unsap.	182
<i>M. dobsoni</i>											
Muscle, fresh	India			1.2				34.3		67 % unsap.	182
<i>M. monoceros</i>											
Muscle, fresh	India			0.7				30.5		32 % unsap.	182
<i>Parapenaeopsis stylifera</i>											
Muscle, fresh	India			1.0				37.6		59 % unsap.	182
<i>Penaeus indicus</i>											
Muscle, fresh	India			1.0				33.7		49 % unsap.	182
<i>Penaeus indicus</i>											
Minced edible portion	India	77.39	20.90	0.35	1.40	0.80	89.90		209.00		208
<b>Prawn, King</b>											
Unspecified											
Flesh	Sydney, retail			1.5				28.5		169	213
Fresh	Sydney, retail		1.4					36.1		158	214
<i>Penaeus latisulcatus</i>											
Unspecified	Australia, retail							44.2			179
<b>Prawn, Royal Red, Unspecified</b>											
Flesh	Sydney, retail			1.5				29.1		192	213
<b>Prawn, School, Unspecified</b>											
Flesh	Sydney, retail			1.4				26.6		203	213
<b>Quahog, <i>Mercenaria mercenaria</i></b>											
Cooked meat	NW Atlantic									65	198
<b>Quahog, Ocean</b>											
Unspecified											
Meat:											
Triglycerides	Unspecified							28.9			163
Phospholipids	Unspecified							27.1			163
<i>Artica islandica</i>											
Flesh, fresh	N.B., Canada			0.34-0.80				PL 58.05			166
								TG 28.41			
Flesh, fresh	N.S., Canada			0.69				PL 64.01			166
								TG 15.15			
Phospholipids	Unspecified							45.3			164
Triglycerides	Unspecified							12.3			164
<b>Scallop</b>											
Unspecified											
Unspecified	Unspecified									33.0-60.0	221
Raw	Unspecified								255		217
Steamed	Unspecified								265		217
Breaded	Retail			6.3				0.7 WW			163
In batter, whole, frozen	Retail			6.3				0.7-1.1 WW		11.3	194
Meat	N. America			0.2						35	163
Muscle	N. America									60	163
Cooked product	Unspecified									30	197
Flesh	Sydney, retail			1.5				43.2		29	213
Steamed	Retail	73.1	23.2	1.4		Tr	105		270		212
<i>Pecten</i> sp.											
Flesh	Unspecified			0.91				0.43 WW			178
Adductor muscle	Unspecified			0.82				0.29-0.33WW			178
<i>Patinopecten yessoensis</i>											
Hepatopancreas	Japan			2.7-13.3				24.6-48.3			188
<i>Pecten novaezealandiae</i>											
Whole, frozen	N.Z.	82.4	14.3	0.66	1.57			54.60	149		190
<b>Scallop, Icelandic, <i>Chlamys islandica</i></b>											
Edible portion	Unspecified									43	198
<b>Scallop, Pilgrim, <i>Pecten jacobaeus</i></b>											
Whole	Unspecified			1.5				0.42 WW			178
<b>Scallop, Queen, <i>Equichtamys bifrons</i></b>											
Unspecified	Tasmania							51.1			179

Table 2—Shellfish (Continued)

Common/scientific names		Moisture	Protein	Fat	Ash	Carbo- hydrate	Energy	PUFA	Na	Choles- terol	Source
Description	Location	(%)	(%)	(%)	(%)	(%)	(Cal/100g)	(% total FA)	(mg%)	(mg%)	no.
<b>Scallop, Rock, Purple Hinged, <i>Hinnites multirugosus</i></b>											
Adductor muscle	NE Pacific		70 DW	2 DW	4 DW	24 DW		52-57			215
<b>Scallop, Sea, <i>Placopectens magellanicus</i></b>											
Edible portion	NW Atlantic									36	198
Adductor muscle:											
cultured	Newfoundland	78.59	17.69	0.51	1.68	1.53					209
wild	Newfoundland	78.50	17.40	0.48	1.60	1.99					209
Edible portion, frozen	Canada, retail	78.5	15.2	1.0	1.6	3.7	89		161		177
Breaded, battered, frozen	Canada, retail	59.6	13.4	9.2	2.0	15.8	204		512		177
Entire edible portion	Unspecified			<1				58.1			186
Raw edible flesh	Virginia, retail	77.91	15.08	1.00	1.22				87.3		167
Cooked edible flesh	Virginia, retail	68.70	22.34	1.59	1.44				113.2		167
<b>Sea Urchin, Unspecified</b>											
Ovary	Japan			3.12						498	163
<b>Sea Urchin, Atlantic, <i>Strongylocentrotus droebachiensis</i></b>											
Shell contents, frozen	Nova Scotia:										
	Herring Cove			1.46-2.45				48.7-57.9			222
	St. Margaret's Bay			0.21-0.69				46.5-51.6			222
<b>Shrimp</b>											
Unspecified											
Canned:											
fluid	Unspecified								823-1986		226
meats	Unspecified								716-1592		226
Unspecified	Unspecified									96.5-226.0	221
Fresh peeled	Unspecified									164.0	221
Canned	Unspecified									175.5	221
Frozen	Unspecified									138.7-155.7	221
Frozen	Canada, retail	81.9	16.9	1.0	1.7		81		520		177
Breaded, fried, frozen	Canada, retail	54.5	10.5	17.0	2.5	15.5	261		733		177
Breaded, not fried, frozen	Canada, retail	60.0	12.6	1.4	2.5	23.5	161		649		177
Raw	Unspecified								161		217
Fried	Unspecified								187		217
Canned, drained	N. America			1.1						150	163
Edible meat	N. America									157-200	163
Edible meat, fresh	N. America									140	163
Cooked	NE Pacific									128.9	183
Canned	NE Pacific									160.5	183
Cooked product	Unspecified									100	197
Breaded	Retail			1.1				0.3 WW			163
Breaded	Retail			1.1				0.3-0.4 WW		32.2	194
Meat	Alaska							43.5			163
Cooked probably in seawater	Retail	62.5	23.8	2.4		0	117		3840		212
Canned	Unspecified	74.9	20.8	1.2		0	94		980		212
<b><i>Penaeus</i> sp.</b>											
Skin/muscle tissue	Malaysia, retail			0.7				44			185
<b><i>Penaeus &amp; Pandalus</i> sp.</b>											
Flesh	Unspecified			1.2				0.52-0.58 WW			178
<b>Shrimp, Brown</b>											
<b><i>Penaeus aztecus</i></b>											
Whole	Gulf of Mex.			0.665							170
Whole	Louisiana			1.32				41.8		90	172
Edible portion, frozen	Florida, retail			1.20				By lipid subclass		200.8	192
<b><i>Penaeus aztecus aztecus</i> Ives</b>											
Frozen, 5 lb retail, 51/60 count	Louisiana	81.63								158	198
Frozen, 5 lb retail, 51/60 count	Texas	84.28								153	198
<b><i>Penaeus aztecus subtilis</i> Perez Farfante</b>											
Frozen, 5 lb retail, 61/70 count	Brazil	80.48								161	198
<b>Shrimp, Pacific, <i>Pandalus jordani</i></b>											
Fresh, processed	NE Pacific	78.6	18.8	1.55	1.85				479.4		180
Same as above but freeze dried	NE Pacific		87.95 DW	7.24 DW	8.66 DW				2.24 DW		180
Canned	NE Pacific	75.3	21.8	1.91	2.06				567.9		180

Table 2—Shellfish (Continued)

Common/scientific names Description	Location	Moisture (%)	Protein (%)	Fat (%)	Ash (%)	Carbo- hydrate (%)	Energy (Cal/100g)	PUFA (% total FA)	Na (mg%)	Choles- terol (mg%)	Source no.
<b>Shrimp, Pacific, <i>Pandalus jordani</i></b> (continued)											
Canned but freeze dried	NE Pacific	88.14	DW	7.73	DW	8.36	DW		2.30	DW	180
<b>Shrimp, Pink</b>											
<i>Pandalus borealis</i>											
Edible portion	NE Pacific	80.1	18.1	0.95	1.25						219
<i>Pandalus montagui</i>											
Whole, frozen males	U.K.			1.15-1.64				PL 51.95			174
Whole, frozen females	U.K.			1.86-3.62							174
Whole, frozen transitionals	U.K.			1.45-2.33				PL 42.15			174
<i>Penaeus duorarum</i>											
Whole	Gulf of Mexico			0.857							170
<i>Penaeus duorarum duorarum</i>	Burkenroad										
Frozen, 5 lb retail, 41/50 count	Florida	82.97								159	198
<i>Penaeus duorarum</i> Perez Farfante											
Frozen, 5 lb retail, 51/60 count	Honduras	80.10								150	198
<b>Shrimp, Prawn, <i>Pandalus borealis</i></b>											
Frozen, cooked, 5 lb retail, 250/350 count	Canada	81.80								184	198
Frozen, 5 lb retail, 250/350 count	Massachusetts	83.41								135	198
<b>Shrimp, Rock, <i>Sicyonia</i> sp.</b>											
Cooked meat	Florida									90	198
<b>Shrimp, White</b>											
<i>Penaeus setiferus</i>											
Cooked meat	Florida									90	198
Edible tissue:											
raw	Mississippi									96	195
frozen	Mississippi									11	195
cooked	Mississippi									91	195
Whole	Gulf of Mexico			0.734							170
Frozen, 5 lb retail, 51/60 count	N. Carolina	84.12								147	198
<i>Penaeus setiferus</i> Linnaeus											
Frozen, 5 lb retail, 16/20 count	Georgia	82.03								139	198
Frozen, 5 lb retail, 16/20 count	Texas	81.90								157	198
<i>Penaeus vannamei</i> Boone											
Frozen, 5 lb retail, 41/50 count	Ecuador	79.64								150	198
<b>Snail, <i>Helix pomatia</i></b>											
Muscle tissue:											
control	West Germany			0.79				cf. ref 211			211
diet experiment	West Germany			1.02				cf. ref 211			211
<b>Snail, L.T. Top, <i>Chlorostoma argyrostoma lischkei</i></b>											
Boiled flesh	Northern Japan			1.4				36.4			189
Boiled viscera	Northern Japan			5.6				32.3			189
<b>Snail, Pond, Family <i>Viviparidae</i></b>											
Flesh	Unspecified			2.8				1.44 WW			178
<b>Snail, Purple, <i>Thais clavigera</i></b>											
Boiled flesh	Japan			1.5				43.6			189
Boiled viscera	Japan			5.9				39.9			189
<b>Squid</b>											
Unspecified											
Raw, unwashed	Unspecified	78.7	14.97	1.38	1.09						207
Spray dried	Unspecified	4.4	81.20	2.11	4.10						207
Fresh	Sydney, retail			1.4				46.8		189	214
Family <i>Loliginidae</i>											
Unspecified	Australia, retail							48.2			179
Unspecified	Malaysia, retail							51.5			179
<i>Illex illecebrosus</i>											
Mantles or tentacles	NW Atlantic	76-87		1.05-1.85	0.3-1.8			55.4		108-336	198
<i>Loligo</i> sp.											
Muscle/skin XS	Malaysia, retail			1.1				48.1			185
Edible meat	India			0.8				46.3			125



Table 2—Shellfish (Continued)

Common/scientific names		Moisture	Protein	Fat	Ash	Carbo-	Energy	PUFA	Na	Choles-	Source
Description	Location	(%)	(%)	(%)	(%)	hydrate	(Cal/100g)	(% total FA)	(mg%)	terol	no.
						(%)				(mg%)	
<b>Squid (continued)</b>											
<i>Loligo opalescens</i>											
Edible meat, frozen	NE Pacific	87		1.8	0.23					339	198
<i>Loligo pealei</i>											
Mantles or tentacles	NW Atlantic	82		1.1-1.8	0.8-2.0			49.2		171-450	198
<i>Ommastrephes sloani pacificus</i>											
Liver oil	Pacific							23.40			165
<i>Sepioteuthis australis</i>											
Unspecified	Australia, retail							52.1			179
<i>Thysanoteuthis rhombus</i>											
Liver oil	Pacific							23.70			165
<b>Squid, Arrow, <i>Nototodarus sloanii</i></b>											
Skinned mantles	N.Z.	77.16	19.57	1.58	1.51	0.20					223
Fins	N.Z.	79.0	16.7	1.6	1.3	0.19					223
Arms & tentacles	N.Z.	76.9	19.7	1.8	1.4	0.18					223
Edible portion	N.Z.	77.5	19.2	1.7	1.4	0.19					223
Whole squid	N.Z.	76.4	18.5	3.1	1.8	0.23					223
<b>Squid, Broad, <i>Sepioteuthis bilineata</i></b>											
Mantle	N.Z.	77.5	19.4	1.6	1.4	0.09					223
Fins	N.Z.	80.7	14.7	3.1	1.5	0.07					223
Arms & tentacles	N.Z.	80.9	15.4	2.3	1.4	0.12					223
Edible portion	N.Z.	77.9	19.1	1.9	1.4	0.10					223
Whole squid	N.Z.	78.6	17.6	2.2	1.5	0.12					223
<b>Squid, Flying, <i>Todarodes</i> sp.</b>											
Flesh	Unspecified			1.7				0.35 WW			178
<b>Squid, Longfinned, <i>Loligo pealei</i></b>											
Frozen, edible portion, NW Atlantic history unknown		81.34	16.33	1.67	1.09				43.94	80.65	191
<b>Squid, Shortfinned, <i>Illex illecebrosus</i></b>											
Liver oil	Atlantic							30.80			165
Flesh	Unspecified			2.0				0.79 WW			178
<b>Squid, Warty, <i>Moroteuthis ingens</i></b>											
Mantle	N.Z.	83.6	13.9	1.2	1.2	0.18					223
Fins	N.Z.	86.1	10.9	1.6	1.2	0.15					223
Arms & tentacles	N.Z.	81.7	15.8	1.3	1.2	0.15					223
Edible portion	N.Z.	83.2	14.1	1.3	1.2	0.17					223
Whole squid	N.Z.	80.3	14.5	3.4	1.4	0.19					223
<b>Squid, Yarika, Unspecified</b>											
Body	Japan			4.59						345	163
<b>Whelks, Unspecified</b>											
Boiled probably in seawater	Retail	77.5	18.5	1.9		Tr	91		270		212

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<i>Hippoglossus stenolepis</i>	NE Pacific halibut	11	<i>Lutianus waigiensis</i>	Waigue snapper	26
<i>Hoplostethus atlanticus</i>	Orange roughy, see also Teleost Fish	20,28	<i>Lutjanus</i> sp.	Red snapper	26
<i>Hydrolagus collieri</i>	Ratfish	19	<i>Lutjanus campechanus</i>	Red snapper	26
<i>Hypomesus japonicus</i>	Surf smelt	25	<i>Lycodes nakamurai</i>	Unspecified	33
<i>Hypomesus olidus</i>	Pond smelt	25	<i>Lycodes tanakai</i>	Unspecified	33
<i>Hypophthalmichthys molitrix</i>	Silver carp	6	<i>Macquaria ambigua</i>	Callop	5
<i>Hyporhamphus melanochir</i>	Garfish	10	<i>Macrourus berglax</i>	Roughhead grenadier	10
<i>Hyporhamphus unifasciatus</i>	Halfbeak	11	<i>Macrozoarces americanus</i>	Ocean pout	19
<i>Ictalurus nebulosus</i>	Brown bullhead	4	<i>Macruronus novaezealandiae</i>	Blue grenadier, see also Hoki and Teleost Fish	10,13, 28
			<i>Malacocottus gibber</i>	Unspecified	33
			<i>Mallotus villosus</i>	Capelin	5
			<i>Mastacembelus armatus</i>	Spiny eel	9
			<i>Megalaspis cordyla</i>	Torpedofish	28
			<i>Melanogrammus aeglefinus</i>	Haddock	11
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<i>Merluccius capensis</i>	South African hake	11	<i>Poladactylus</i> sp.	Threadfin salmon	23
<i>Merluccius merluccius</i>	Hake	11	<i>Pollachius virens</i>	Pollock, see also Saithe	18,21
<i>Merluccius productus</i>	Pacific hake	11	<i>Pomatomas saltatrix</i>	Bluefish	4
<i>Micromestius pontassou</i>	Blue whiting	32	<i>Pomoxis nigromaculatus</i>	Black crappie	8
<i>Micropogon(ias) undulatus</i>	Atlantic croaker	8	<i>Priacanthus boops</i>	Unspecified	33
<i>Microstomus achne</i>	Japanese dover sole, see also Slime flounder	10,26	<i>Pristipomoides typus</i>	Bass	4
<i>Microstomus kitt</i>	Lemon sole	26	<i>Prochilodus scrofa</i>	Curimbata	8
<i>Microstomus pacificus</i>	Dover sole	26	<i>Psenopsis anomala</i>	Butterfish	5
<i>Mora pacifica</i>	Ribaldo	19	<i>Psettichthys melanostictus</i>	Sand sole	27
<i>Morone americanus</i>	White perch	18	<i>Psettodes erumei</i>	Indian halibut	11
<i>Morone chrysops</i>	White bass	4	<i>Pseudopleuronectes americanus</i>	Winter flounder	10
<i>Morone saxatilis</i>	Striped bass	4	<i>Pshyaena jello</i>	Giant sea pike	24
<i>Mugil cephalus</i>	Mullet	17	<i>Puntius filamentosus</i>	Filamented barb	4
<i>Mugil oeur</i>	Mullet	17	<i>Puntius sarana</i>	Indian carp	6
<i>Mylio macrocephalus</i>	Black sea bream	24	<i>Raja</i> sp.	Skate	25
<i>Myoxocephalus quadricornis</i>	Deepwater sculpin	24	<i>Rastrelliger kanagurta</i>	Mackerel, see also Rakegilled mackerel	14,16
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<i>Netuma thalassinus</i>	Giant catfish	6	<i>Rutilus rutilus</i>	Roach	
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<i>Oncorhynchus masou</i>	Masu salmon	22	<i>Salmo gairdneri</i>	Rainbow trout	29,30
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<i>Ophiocephalus punctatus</i>	Green snake head	25	<i>Salvelinus fontinalis</i>	Brook trout	29
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<i>Opisthonema oglinum</i>	Thread herring	13	<i>Salvelinus namaycush</i>	Lake trout	29
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<i>Osmerus mordax</i>	American smelt	25	<i>Sardinella aurita</i>	Spanish sardine	23
<i>Pagrus major</i>	Sea bream	24	<i>Sardinella fimbriata</i>	Sardine	23
<i>Pampus chinensis</i>	Pomfret	19	<i>Sardinella longiceps</i>	Sardine	23
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<i>Perca flavescens</i>	Yellow perch	18	<i>Scomber japonicus</i>	Mackerel	14
<i>Perca fluviatilis</i>	Perch	17	<i>Scomber scombrus</i>	Atlantic mackerel	15
<i>Physiculus bacchus</i>	Red cod	8	<i>Scomberomorus guttatum</i>	Seer mackerel	16
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<i>Plecoglossus altivelis</i>	Sweet smelt	25	<i>Scomberoides</i> sp.	Queenfish	19
<i>Pleuronectes platessa</i>	European plaice	18	<i>Scophthalmus maximus</i>	Turbot	31
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<i>Sebastes entomelas</i>	Widow rockfish	20	<i>Trachurus</i>	Jack mackerel	16
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<i>Sebastes goodei</i>	Chilipepper rockfish	20	<i>Trachurus trachurus</i>	Horse mackerel	16
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<i>Sebastes paucispinis</i>	Bocaccio rockfish	20	<i>Urophycis chuss</i>	Red hake	11
<i>Sebastes pinniger</i>	Orange rockfish	20	<i>Verasper moseri</i>	Righteye flounder	10
<i>Sebastes rosaceus</i>	Rosy rockfish	20	<i>Wallago attu</i>	Boal fish	4
<i>Sebastes ruberrimus</i>	Red rockfish	20	<i>Xiphias gladius</i>	Swordfish	28
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<i>Spirinchus lanceolatus</i>	Longfin smelt	25	<i>Crassostrea gigas</i>	Pacific oyster	39
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<i>T. med. pont</i>	Black sea scad	24	<i>Haliotis gigantea discus</i>	Abalone	34
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