



ALASKA SEAFOOD NUTRITION INFORMATION¹



ALASKA SALMON

	CALORIES	PROTEIN (G)	FAT (G)	SATURATED FAT (G)	SODIUM (MG)	CHOLESTEROL (MG)	OMEGA-3 (G)
KING (CHINOOK)	231	25.7	13.4	3.2	60	85	1.7
SOCKEYE (RED)	216	27.3	11.0	1.9	66	87	1.2
COHO (SILVER)	139	23.5	4.3	1.1	58	55	1.1
KETA (CHUM)	154	25.8	4.8	1.1	64	95	0.8
PINK	149	25.6	4.4	0.7	86	67	1.3

ALASKA WHITEFISH

	CALORIES	PROTEIN (G)	FAT (G)	SATURATED FAT (G)	SODIUM (MG)	CHOLESTEROL (MG)	OMEGA-3 (G)
HALIBUT	140	26.7	2.9	0.4	69	41	0.5
COD	105	23.0	0.8	0.1	91	47	0.3
POLLOCK	113	23.5	1.1	0.2	116	96	0.5
ROCKFISH	121	24.0	2.0	0.5	77	44	0.4
FLOUNDER	117	24.2	1.5	0.4	105	68	0.5
SABLEFISH	250	17.2	19.6	4.0	72	63	1.8

ALASKA SHELLFISH²

	CALORIES	PROTEIN (G)	FAT (G)	SATURATED FAT (G)	SODIUM (MG)	CHOLESTEROL (MG)	OMEGA-3 (G)
KING CRAB	97	19.4	1.5	0.1	1072	53	0.4
SNOW CRAB	115	23.7	1.5	0.2	691	71	0.5
DUNGENESS CRAB	110	22.3	1.2	0.2	378	76	0.4
PACIFIC OYSTERS	163	18.9	4.6	1.0	212	100	1.4
SHRIMP	99	20.9	1.1	0.3	224	195	0.3

ALASKA CANNED SALMON

	CALORIES	PROTEIN (G)	FAT (G)	SATURATED FAT (G)	SODIUM (MG)	CHOLESTEROL (MG)	OMEGA-3 (G)
SOCKEYE (RED)	153	20.5	7.3	1.6	538 (75 ³)	44	1.2
PINK	139	19.8	6.0	1.5	554 (75 ³)	55	1.7

¹SOURCE: VALUES FROM USDA NATIONAL NUTRIENT DATABASE (www.nal.usda.gov/fnic/foodcomp), RELEASE 17, 2004. VALUES FOR 100GM EDIBLE PORTION, COOKED DRY HEAT UNLESS OTHERWISE NOTED. OMEGA-3 VALUES REPRESENT THE SUM OF EICOSAPENTAENOIC ACID (EPA) AND DOCOSAHEXAENOIC ACID (DHA).

²VALUES FOR 100GM EDIBLE PORTION, COOKED MOIST HEAT.

³VALUES FOR 100GM EDIBLE PORTION, WITHOUT SALT, DRAINED SOLIDS WITH BONE.

