

A GUIDE TO Nutritional Values FOR Alaska Seafood

Wild Alaska Seafood Nutrition: More reasons to feel good about eating wild Alaska Seafood!

Serving Size 3.5 oz./100g Cooked Portions

	Calories	Protein (g)	Fat (g)	Saturated Fat (g)	Sodium (mg)	Cholesterol (mg)	Omega-3s (mg) (EPA + DHA)	Vitamin D (IU)
Alaska Whitefish								
Halibut	140	27	3	<0.5	70	40	460	N/A
Cod	100	23	<1	<0.5	90	45	280	N/A
Alaska Pollock	110	23	1	<0.5	115	95	470	0
Rockfish	120	24	2	0.5	75	45	450	310
Sole	120	24	1.5	<0.5	105	70	500	120
Black Cod (Sablefish)	250	17	20	4	70	65	1800	N/A
Black Cod (smoked)	260	18	20	4	740	65	1800	N/A
Surimi Seafood: Nutritional values for Alaska Surimi Seafood vary depending on brand and product form; please check the package label for specifics.								
Alaska Shellfish								
King Crab	100	19	1.5	<0.5	1100	55	400	N/A
Snow Crab	115	24	1.5	<0.5	690	70	500	N/A
Dungeness Crab	110	22	1	<0.5	380	75	400	N/A
Scallops*	110	23	1	<0.5	265	55	370	0
Pacific Oysters	165	19	5	1	210	100	1400	N/A
Pacific Oysters 2, raw	80	10	2.5	0.5	110	50	690	N/A
Shrimp*	100	21	1	<0.5	220	195	310	0
Alaska Salmon								
King (Chinook)	230	26	13	3	60	85	1700	N/A
Sockeye (Red)	220	27	11	2	65	85	1200	930
Coho (Silver)	140	23	4	1	60	55	1100	450
Keta (Chum)	155	26	5	1	65	95	800	N/A
Pink	150	25	4	1	85	65	1300	N/A
Alaska Canned Salmon								
Sockeye (Red)	165	23	7	2	360	45	1400	790
Pink	135	23	5	1	400	80	1100	470



Source: USDA National Nutrient Database for Standard Reference, Release #22.

* Values are for mixed species.

N/A means data not available.

© 2011 ASMI

The Alaska Seafood logo affirms your support for sustainable fisheries.

www.alaskaseafood.org



Wild, Natural & Sustainable®