



(562) 594-4553
 11061 Los Alamitos Blvd
 Los Alamitos, CA 90720
www.originalfishcompany.com

NUTRITIONAL BREAKDOWN OF FISH

100 grams, 31/2 oz. Raw, edible portion	*HF MF LF	Calories	Protein (grams)	Fat (grams)	Sodium (mgs)	Cholesterol (mgs)	Omega-3 fatty acids (grams)
Bass, freshwater	MF	114	18.9	3.6	70	68	0.3
Bluefish	MF	124	20	402	60	59	1.2
Catfish, Channel	MF	116	18.2	4.3	63	58	0.3
Cod, Atlantic	LF	82	17.8	0.7	54	43	0.3
Cod, Pacific	LF	82	17.9	0.6	70	40	0.2
Croaker	LF	85	18	0.8	80	50	0.2
Flounder	LF	90	18.1	1.4	56	50	0.2
Grouper	LF	87	19.3	0.5	80	50	0.3
Haddock	LF	80	18.2	0.5	60	60	0.2
Halibut	LF	105	20.9	1.2	60	50	0.4
Herring	HF	150	18.3	8.5	75	80	1.7
Hoki	LF	74	15.7	0.8	109	30	0.3
Lingcod	LF	85	17.6	1.1	59	52	0.2
Mackerel	HF	160	21.9	7.3	80	40	2.5
Mahi Mahi	LF	102	21	1	130	85	0.1
Monkfish	LF	70	15.5	1	18	35	N/A
Orange Roughy	LF	65	14.7	0.3	63	58	0.1
Perch, Ocean	LF	95	19	1.5	70	60	0.2
Pollock	LF	85	19.5	0.8	60	50	0.5
Pompano	HF	164	18.5	9.8	65	50	0.6
RcoFish (snapper)	LF	97	18.9	1.8	50	40	0.5
Sablefish (black cod)	HF	130	17.9	5.7	55	65	1.5
Salmon:							
Chinook	HF	180	20	10.4	45	66	1.4
Chum	MF	120	20	3.8	50	74	0.6
Coho	MF	146	21.6	5.6	46	39	0.8
Pink	MF	116	19.9	3.5	67	52	1
Sockeye	MF	168	21.3	8.6	47	62	1.2
Salmon, canned	MF	160	21.8	8	420	62	1.2
Sea Bass	LF	97	18.4	2	68	41	0.6
Shark	MF	130	20	4.5	79	51	0.8
Skate	LF	95	20	1	N/A	N/A	N/A
Smelt	MF	97	17.6	204	60	70	0.7
Sole	LF	70	14.9	0.5	55	45	0.1
Sturgeon	MF	105	16.1	4	284	N/A	0.3
Swordfish	MF	120	19.4	4.4	70	50	0.2
Tilefish	LF	90	18.6	1.2	53	N/A	0.4
Tuna, Albcore	MF	102	18.2	3	50	25	1.3
Tuna, water-packed	LF	130	29.6	0.5	356	20	0.1
Trout, rainbow	HF	195	21.5	11.4	52	50	0.5
Whiting	LF	95	21.3	1.2	50	20	0.4

NUTRITIONAL BREAKDOWN OF SHELLFISH

100 grams, 3 1/2 oz. Raw, edible portion	*HF MF LF	Calories	Protein (grams)	Fat (grams)	Sodium (mgs)	Cholesterol (mgs)	Omega-3 fatty acids (grams)
CRUSTACEANS							
Crab, Alaskan	LF	75	15.2	0.8	70	60	0.3
Crab, Blue	LF	87	18	1.1	293	78	0.3
Crab, Dungeness	LF	81	17.3	1.3	266	59	0.3
Crab, Imitation	LF	90	13.4	0.1	600	50	0.2
Lobster	LF	90	16.9	1.7	210	85	0.2
Shrimp	LF	90	18.8	0.8	140	158	0.3
MOLLUSKS							
Abalone	LF	105	17.1	0.8	301	85	trace
Clams	LF	80	11	1.5	80	40	0.1
Mussels	LF	75	12.2	1.6	80	25	0.5
Octopus	LF	76	15	1.5	N/A	122	0.2
Oysters	LF	70	14.2	1.2	75	50	0.6
Scallops	LF	82	15.3	0.2	160	50	0.2
Squid	LF	85	16.4	0.9	160	230	0.4
FISH OILS (Per Tablespoon)							
Cod liver oil		129	0	14.3		81	2.6
Herring oil		129	0	14.3		109	1.6
Mennaden oil		129	0	14.3		74	2.9
MaxEPA Concentrated fish body oil		129	0	14.3		86	4.2
Salmon oil		129	0	14.3		69	2.8

NOTE: Use these figures only as a guide. Values vary with species, water temperature, catch location, season caught, etc.

*HF - HIGH FAT FISH: over 5 % fat content
 MF - MEDIUM FAT FISH: 2.5 % - 5 % fat content
 LF - LOW FAT FISH: under 2.5 % fat content
 N/A - Not Available