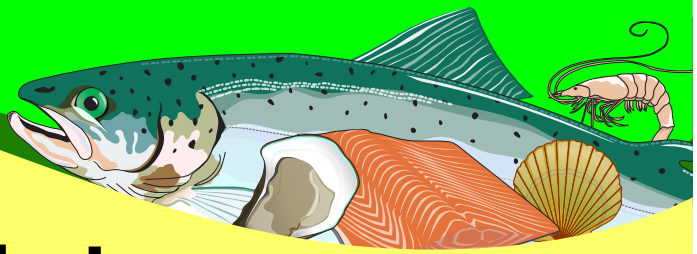


Seafood



Nutrition Facts

Cooked (by moist or dry heat with no added ingredients), edible weight portion.
Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Seafood Serving Size (84 g/3 oz)	Calories		Calories from Fat		Total Fat	Saturated Fat	Cholesterol	Sodium	Potassium	Total Carbohydrate	Protein	Vitamin A	Vitamin C	Calcium	Iron			
			g	%DV	g	%DV	mg	%DV	mg	%DV	g	%DV	%DV	%DV	%DV			
Blue Crab	100	10	1	2	0	0	95	32	330	14	9	0	0	20g	0%	4%	10%	4%
Catfish	130	60	6	9	2	10	50	17	40	2	7	0	0	17g	0%	0%	0%	0%
Clams , about 12 small	110	15	1.5	2	0	0	80	27	95	4	13	6	2	17g	10%	0%	8%	30%
Cod	90	5	1	2	0	0	50	17	65	3	13	0	0	20g	0%	2%	2%	2%
Flounder/Sole	100	15	1.5	2	0	0	55	18	100	4	11	0	0	19g	0%	0%	2%	0%
Haddock	100	10	1	2	0	0	70	23	85	4	10	0	0	21g	2%	0%	2%	6%
Halibut	120	15	2	3	0	0	40	13	60	3	14	0	0	23g	4%	0%	2%	6%
Lobster	80	0	0.5	1	0	0	60	20	320	13	9	1	0	17g	2%	0%	6%	2%
Ocean Perch	110	20	2	3	0.5	3	45	15	95	4	8	0	0	21g	0%	2%	10%	4%
Orange Roughy	80	5	1	2	0	0	20	7	70	3	10	0	0	16g	2%	0%	4%	2%
Oysters , about 12 medium	100	35	4	6	1	5	80	27	300	13	6	6	2	10g	0%	6%	6%	45%
Pollock	90	10	1	2	0	0	80	27	110	5	11	0	0	20g	2%	0%	0%	2%
Rainbow Trout	140	50	6	9	2	10	55	18	35	1	11	0	0	20g	4%	4%	8%	2%
Rockfish	110	15	2	3	0	0	40	13	70	3	13	0	0	21g	4%	0%	2%	2%
Salmon , Atlantic/Coho/Sockeye/Chinook	200	90	10	15	2	10	70	23	55	2	12	0	0	24g	4%	4%	2%	2%
Salmon , Chum/Pink	130	40	4	6	1	5	70	23	65	3	12	0	0	22g	2%	0%	2%	4%
Scallops , about 6 large or 14 small	140	10	1	2	0	0	65	22	310	13	12	5	2	27g	2%	0%	4%	14%
Shrimp	100	10	1.5	2	0	0	170	57	240	10	6	0	0	21g	4%	4%	6%	10%
Swordfish	120	50	6	9	1.5	8	40	13	100	4	9	0	0	16g	2%	2%	0%	6%
Tilapia	110	20	2.5	4	1	5	75	25	30	1	10	0	0	22g	0%	2%	0%	2%
Tuna	130	15	1.5	2	0	0	50	17	40	2	14	0	0	26g	2%	2%	2%	4%

Seafood provides negligible amounts of trans fat, dietary fiber, and sugars.

www.buehlers.com

U.S. Food and Drug Administration
(January 1, 2008)