# A Comparison of Fat in Grams, Calories, % Calories as Fat, and Omega-3 Fatty Acids in Fish and Seafood

| Species | Fat (g) | Calories | % Calories as Fat | Omega-3 Fatty Acids Gram per 4 oz. |
|---|---|---|---|---|
| Cod | 0.6 | 70 | 8 | 0.3 |
| Haddock | 0.6 | 74 | 7 | 0.2 |
| Northern Pike | 0.6 | 75 | 7 | 0.2 |
| Scallop | 0.7 | 75 | 8 | 0.4 |
| Lobster | 0.8 | 77 | 9 | 0.3 |
| Pollack | 0.8 | 78 | 9 | 0.6 |
| Crab | 0.9 | 74 | 11 | 0.5 |
| Sole | 1.0 | 77 | 11 | 0.3 |
| Flounder | 1.0 | 77 | 11 | 0.3 |
| Whiting | 1.1 | 77 | 13 | N/A |
| Red Snapper | 1.1 | 85 | 12 | 0.4 |
| Squid | 1.2 | 78 | 14 | 1.0 |
| Rockfish | 1.3 | 80 | 15 | 0.6 |
| Ocean Perch | 1.4 | 80 | 16 | 0.5 |
| Shrimp | 1.5 | 90 | 15 | 0.5 |
| Mussel | 1.9 | 23 | 23 | 0.8 |
| Halibut, Pacific | 1.9 | 94 | 18 | 0.4 |
| Striped Bass | 2.0 | 82 | 22 | 0.9 |
| Oyster, Eastern (6 medium) | 2.1 | 57 | 33 | 0.4 |
| Channel Catfish | 2.4 | 81 | 27 | 0.7 |
| Turbot | 2.5 | 81 | 28 | 0.3 |
| Tuna, White in Water | 2.5 | 108 | 21 | 0.2 |
| Salmon, Pink | 2.9 | 99 | 26 | 2.2 |
| Salmon, Chinook (cooked) | 3.7 | 99 | 34 | 3.3 |
| Rainbow Trout, Farmed | 4.6 | 117 | 35 | 1.2 |
| Whitefish, mixed species | 5.0 | 114 | 39 | 1.0 |
| Salmon, Coho (canned) | 5.0 | 124 | 36 | 1.8 |
| Trout, mixed species | 5.6 | 126 | 40 | N/A |
| Salmon, Sockeye (canned) | 6.2 | 130 | 43 | 1.8 |
| Tuna, White in Oil | 6.9 | 158 | 39 | 0.5 |
| Herring, Atlantic | 7.7 | 134 | 52 | 1.3 |
| Clams | 8.0 | 63 | 11 | 0.2 |
| Salmon, Chinook (raw) | 8.9 | 153 | 52 | 2.4 |
| Eel, mixed species | 9.9 | 156 | 57 | 1.9 |
| Mackerel, Atlantic | 11.8 | 174 | 61 | 2.5 |
| Sablefish | 13.0 | 166 | 70 | 1.7 |

| **For Omega-3 Content Comparison:** | |
|---|---|
| Chicken Breast, No skin | 0.03 |
| Round Steak, Lean | Trace |
| Ground Beef | Trace |