Nutrition Facts

Steller sea lion meat, raw

Serving Size: 3oz (85g)

Amount per Serving: 1

Calories 102 Calories from Fat 14

	% Daily Value*
Total Fat 1.6g	**2%**
Saturated Fat nv	**nv**
Cholesterol 54mg	**18%**
Sodium 53mg	**2%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 22g	**44%**

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 54%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012

Nutrition Facts

Bearded seal meat, raw

Serving Size: 3oz (85g)

Amount Per Serving: 1

Calories 158 Calories From Fat 78

	% Daily Value*
Total Fat 8.7g	13%
Saturated Fat nv	nv
Cholesterol 103mg	34%
Sodium 48mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	40%

Vitamin A 11% • Vitamin C nv

Calcium 0% • Iron 80%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012

Nutrition Facts

Spotted seal oil

Serving Size: 1 Tablespoon (14g)

Amount per Serving: 1

Calories 125	Calories from Fat 125	
		% Daily Value*
Total Fat 14g		**21%**
Saturated Fat 2g		**10%**
Polyunsaturated Fat 2.6g		
Monounsaturated Fat 7.7g		
Cholesterol nv		**nv**
Sodium 0mg		**0%**
Total Carbohydrate 0g		**0%**
Dietary Fiber 0g		**0%**
Sugars 0g		
Protein 0g		**0%**

Vitamin A 10%	•	Vitamin C 0%
Calcium 0%	•	Iron 0%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012

Nutrition Facts

Beluga whale oil

Serving Size: 1 Tablespoon (14g)

Amount per Serving: 1

Calories 126 Calories from Fat 126

	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 2g	**10%**
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 7.6g	
Cholesterol nv	**nv**
Sodium 0mg	**0%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 0g	**0%**

Vitamin A 6% • Vitamin C nv

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012

Nutrition Facts

Beluga whale meat, raw

Serving Size: 3oz (85g)

Amount per Serving: 1

Calories 94 Calories from Fat 4

	% Daily Value*
Total Fat 0.4g	1%
Saturated Fat 0.08g	0%
Cholesterol 68mg	23%
Sodium 66mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 23g	45%

Vitamin A 6% • Vitamin C 0%

Calcium 0% • Iron 122%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012

Nutrition Facts

Caribou meat, raw

Serving Size: 3oz (85g)

Amount per Serving: 1

Calories 104 Calories from Fat 26

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Cholesterol 69mg	23%
Sodium 44mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 19g	38%

Vitamin A 5% • Vitamin C 0%

Calcium 0% • Iron 19%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012

Nutrition Facts

Sockeye salmon, raw

Serving Size: 3oz (85g)

Amount per Serving: 1

Calories 121 Calories from Fat 43

	% Daily Value*
Total Fat 4.7g	7%
Saturated Fat 1g	5%
Cholesterol 45mg	15%
Sodium 95mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 18g	36%

Vitamin A 3%	Vitamin C 0%
Calcium 1%	Iron 2%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012

Nutrition Facts

Sablefish (black cod), raw

Serving Size: 3oz (85g)

Amount per Serving: 1

Calories 166 Calories from Fat 117

	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 3g	**14%**
Cholesterol 42mg	**14%**
Sodium 48mg	**2%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 11.4g	**23%**

Vitamin A 5%	•	Vitamin C nv
Calcium 3%	•	Iron 6%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012

Nutrition Facts

Rockfish (mixed species), raw

Serving Size: 3oz (85g)

Amount per Serving: 1

Calories 76	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0.3g	**1%**
Cholesterol 42mg	**14%**
Sodium 63mg	**3%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 16g	**31%**

Vitamin A 0%	•	Vitamin C 0%
Calcium 1%	•	Iron 1%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012

Nutrition Facts

Pacific cod, raw

Serving Size: 3oz (85g)

Amount per Serving: 1

Calories 59 Calories from Fat 3

	% Daily Value*
Total Fat 0.4g	**1%**
Saturated Fat 0.1g	**0%**
Cholesterol 40mg	**13%**
Sodium 258mg	**11%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 13g	**26%**

Vitamin A 0%	•	Vitamin C 0%
Calcium 1%	•	Iron 1%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012

Nutrition Facts

Japanese sculpin, raw

Serving Size: 3oz (85g)

Amount per Serving: 1

Calories 94 Calories from Fat 39

	% Daily Value*
Total Fat 4.3g	**7%**
Saturated Fat 0.7g	**4%**
Cholesterol 187mg	**62%**
Sodium 94mg	**4%**
Total Carbohydrate 0.2g	**0%**
Dietary Fiber nv	**nv**
Sugars nv	
Protein 13g	**26%**

Vitamin A 10% • Vitamin C 1%

Calcium 44% • Iron 13%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: Sugiyama Jogakuen University, 2002

Nutrition Facts

Lingcod (greenling), raw

Serving Size: 3oz (85g)

Amount per Serving: 1

Calories 67	Calories from Fat 6	
		% Daily Value*
Total Fat 0.7g		**1%**
Saturated Fat nv		
Cholesterol nv		**nv**
Sodium 50mg		**2%**
Total Carbohydrate 0g		**0%**
Dietary Fiber 0g		**0%**
Sugars 0g		
Protein 15g		**30%**

Vitamin A 4%	•	Vitamin C nv
Calcium nv	•	Iron nv

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012

Nutrition Facts

Halibut, raw

Serving Size: 3oz (85g)

Amount per Serving: 1

Calories 77	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0.2g	**1%**
Cholesterol 42mg	**14%**
Sodium 58mg	**2%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 16g	**32%**

Vitamin A 1%	•	Vitamin C 0%
Calcium 1%	•	Iron 1%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012

Nutrition Facts

Dolly varden, raw

Serving Size: 3oz (85g)

Amount per Serving: 1

Calories 85 Calories from Fat 15

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.4g	2%
Cholesterol 45mg	15%
Sodium 87mg	4%
Total Carbohydrate 0.4g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 17g	34%

Vitamin A 1%	•	Vitamin C 1%
Calcium 1%	•	Iron 6%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: *Nobmann, 1993*

Nutrition Facts

Pacific herring, raw

Serving Size: 3oz (85g)

Amount per Serving: 1

Calories 166 Calories from Fat 106

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 2.8g	14%
Cholesterol 65mg	22%
Sodium 63mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 14g	28%

Vitamin A 2%	•	Vitamin C 0%
Calcium 7%	•	Iron 5%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012

Nutrition Facts

Salmon roe (pink salmon)

Serving Size: 1oz (28g)

Amount per Serving: 1

Calories 60 Calories from Fat 15

	% Daily Value*
Total Fat 2g	3%
Saturated Fat nv	nv
Cholesterol 145mg	48%
Sodium 390mg	16%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 9g	18%

Vitamin A 10% • Vitamin C 5%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: Alaska Seafood Marketing Institute, 2010

Nutrition Facts

Canada goose meat, raw

Serving Size: 3oz (85g)

Amount per Serving: 1

Calories 137 Calories from Fat 55

	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 2.4g	**12%**
Cholesterol 71mg	**24%**
Sodium 74mg	**3%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 19.4g	**39%**

Vitamin A nv	•	Vitamin C nv
Calcium 1%	•	Iron 26%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: Nobmann, 1993

Nutrition Facts

Wild duck, meat and skin, raw

Serving Size: 3oz (85g)

Amount per Serving: 1

Calories 179 Calories from Fat 116

	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 4.3g	**21%**
Cholesterol 68mg	**23%**
Sodium 48mg	**2%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 15g	**30%**

Vitamin A 2%	•	Vitamin C 7%
Calcium 0%	•	Iron 20%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012

Nutrition Facts

Ptarmigan meat, raw

Serving Size: 3oz (85g)

Amount per Serving: 1

Calories 109	Calories from Fat 18	
		% Daily Value*
Total Fat 2g		**3%**
Saturated Fat 0.5g		**3%**
Cholesterol 62mg		**21%**
Sodium nv		**nv**
Total Carbohydrate 0g		**0%**
Dietary Fiber 0g		**0%**
Sugars 0g		
Protein 21g		**42%**

Vitamin A 7%	•	Vitamin C nv
Calcium nv	•	Iron 29%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012

Nutrition Facts

Sea cucumber

Serving Size: 3oz (85g)

Amount per Serving: 1

Calories 48	Calories from Fat 3	
		% Daily Value*
Total Fat 0.3g		**1%**
Saturated Fat nv		**nv**
Cholesterol nv		**nv**
Sodium nv		**nv**
Total Carbohydrate 0g		**0%**
Dietary Fiber 0g		**0%**
Sugars 0g		
Protein 11g		**22%**

Vitamin A 5%	•	Vitamin C nv
Calcium 3%	•	Iron 3%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012

Nutrition Facts

Sea urchin roe

Serving Size: 3oz (85g)

Amount per Serving: 1

Calories 102 Calories from Fat 37

	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 0.5g	**3%**
Cholesterol 247mg	**82%**
Sodium 187mg	**8%**
Total Carbohydrate 3g	**1%**
Dietary Fiber nv	**nv**
Sugars nv	
Protein 14g	**27%**

Vitamin A 7%	•	Vitamin C 4%
Calcium 1%	•	Iron 4%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: Sugiyama Jogakuen University, 2002

Nutrition Facts

Octopus

Serving Size: 3oz (85g)

Amount per Serving: 1

Calories 48 Calories from Fat 6

	% Daily Value*
Total Fat 0.7g	1%
Saturated Fat 0.2g	1%
Cholesterol 35mg	**12%**
Sodium nv	**nv**
Total Carbohydrate 0g	**0%**
Dietary Fiber nv	**nv**
Sugars nv	
Protein 10.5g	**21%**

Vitamin A 0% • Vitamin C 0%

Calcium 3% • Iron 23%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012

Nutrition Facts

Limpet shellfish (canned)

Serving Size: 1/3 cup (53g)

Amount per Serving: 1

Calories 45	Calories from Fat 0	
		% Daily Value*
Total Fat 0g		**0%**
Saturated Fat 0g		**0%**
Cholesterol 120mg		**40%**
Sodium 350mg		**15%**
Total Carbohydrate 1g		**0%**
Dietary Fiber 0g		**0%**
Sugars 0g		
Protein 9g		**18%**

Vitamin A 2%	•	Vitamin C 2%
Calcium 2%	•	Iron 4%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: *Dietfacts.com, 2009*

Nutrition Facts

Clam, raw

Serving Size: 3oz (85g)

Amount per Serving: 1

Calories 73 Calories from Fat 7

	% Daily Value*
Total Fat 0.8g	1%
Saturated Fat 0.2g	1%
Cholesterol 26mg	9%
Sodium 511mg	21%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 12.5g	25%

Vitamin A 5% • Vitamin C 0%

Calcium 3% • Iron 8%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012

Nutrition Facts

Chiton, gumboot

Serving Size: 3oz (85g)

Amount per Serving: 1

Calories 71 Calories from Fat 12

	% Daily Value*
Total Fat 1.4g	2%
Saturated Fat nv	nv
Cholesterol nv	nv
Sodium nv	nv
Total Carbohydrate 0g	0%
Dietary Fiber nv	nv
Sugars nv	
Protein 14.5g	29%

Vitamin A 28% • Vitamin C 0%

Calcium 10% • Iron 76%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012

Nutrition Facts

King crab, raw

Serving Size: 3oz (85g)

Amount per Serving: 1

Calories 71 Calories from Fat 5

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0.1g	0%
Cholesterol 36mg	12%
Sodium 711mg	30%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 15.6g	31%

Vitamin A 0% • Vitamin C 10%

Calcium 4% • Iron 3%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012