Proximate Composition, Energy, Fatty Acid, Sodium, and Cholesterol Content of Finfish, Shellfish, and their Products

Judith Krzynowek
Jenny Murphy
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21. Annotated bibliography on hypoxia and its effects on marine life, with emphasis on the Gulf of Mexico, by Maurice L. Renaud. February 1985, 9 p.


29. Prevalence, intensity, longevity, and persistence of *Amastigota* sp. larvae and *Lactotrybacites tenris* metacercades in San Francisco striped bass, by Mike Moeer, Judy A. Sakanari, Carol A. Reilly, and Jeannette Whipple. April 1985, 4 p.


34. Additions to a revision of the shark genus *Carcharhinus*: Symonymy of *Aprionodon* and *Aprionygon*, and description of a new species of *Carcharhinus* (Carcharhinidae), by J. A. F. Carrick. November 1985, 26 p.


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U.S. DEPARTMENT OF COMMERCE
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National Marine Fisheries Service
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Proximate Composition, Energy, Fatty Acid, Sodium and Cholesterol Content of Finfish, Shellfish, and their Products

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ABSTRACT

This document contains data concerning the proximate composition and energy, fatty acid, sodium, and cholesterol content of finfish, shellfish, and their products as listed in 228 articles published between the years of 1976 and 1984. Also included is a systematic index of the species as referenced in this document listed alphabetically by scientific name.

INTRODUCTION

The role of nutrition and diet in human health has been well established, but it has only recently become popular for a large segment of the U.S. population to actively select foods for health maintenance and disease prevention. The current wave of scientific and popular literature which correlates traditional, cultural diets with the incidence of disease has brought seafood to the attention of the health-conscious public. Epidemiological studies have shown that those cultures which predominantly consume fish have low incidence of heart attacks (Lands 1986; Nettleton 1985). These studies and their implications have generated considerable interest in the United States, where heart disease is the leading cause of death. There are unique polyunsaturated fatty acids in seafood which are purported to have a therapeutic effect in the prevention of cardiovascular disease. Those present in largest amounts are eicosapentaenoic acid and docosahexaenoic acid—popularly called EPA and DHA, respectively.

Concurrent with the recommendation to consume more fish for the prevention of heart disease, consumers are being advised to lower their fat intake, decrease the amount of saturated fats, keep the consumption of cholesterol below certain limits, and to omit salt from their diet. Nutritional information on seafood is currently available as isolated pockets of data from various laboratories, in Watt and Merrill (1963), and in Sidwell (1981). The latter is an extensive review of the nutritional literature through 1975 for many nutritional components.

The primary objective of this document is to provide a consolidated update of seafood nutritional data. It consists of a review of 228 publications from 1976 through 1984 and contains values for proximate composition, energy, total polyunsaturated fatty acids, sodium, and cholesterol content.

DISCUSSION

This document contains data from 228 publications and some unpublished data from the National Marine Fisheries Service, Northeast Fisheries Center, Gloucester, MA. Publications searched were limited by three criteria: (1) published 1975-84; (2) English text; and (3) species familiar and/or available to the U.S. consumer.

Finfish and shellfish are separated into two tables and are listed alphabetically by common name. The scientific name is provided only if the investigator supplied the information; otherwise, the scientific name is listed as "Unspecified." Finfish for which only the scientific name was specified are listed alphabetically at the end of Table I. A systematic index has also been provided listing species alphabetically by scientific name for cross-reference. If the scientific name was not provided in the reference, then the finfish and/or shellfish were not included in this index.

The column labeled "Description" briefly describes the sample used to generate the data. Unless otherwise specified, all samples were uncooked and unprocessed. "Fresh" means the sample was analyzed within 24 hours of capture, while "fresh frozen" means the sample was frozen within 24 hours of capture. "Frozen" indicates that the sample had been frozen prior to analysis, but the length of frozen storage and the time between capture and freezing were not specified. "Raw" is assigned to samples uncooked, never frozen, but of questionable freshness, such as store-bought fish. The analysis of seafood has become very specialized, and the portions analyzed and reported have expanded from fillets and whole fish to include such items as mechanically deboned meat or the...
triglyceride fraction of the fat, etc. The amount of explanation required to define a sample, therefore, has become rather extensive, and many other abbreviations have been included, all of which are detailed in the Legend.

The column labeled “Location” is the geographic area of catch. For the most part, specific areas of catch were simplified into quadrants of the Pacific and Atlantic Oceans (e.g., NW Atlantic). This was done to (1) eliminate the need for many abbreviations such as OR and WA, many of which are not universally understood, and (2) clarify the general area of catch, because some articles mentioned local waterways (e.g., Casco Bay), which were not found on the world map. The majority of the catch was from the Northwest (NW) Atlantic and and the Northeast (NE) Pacific.

Moisture, protein, fat, ash, and carbohydrate are expressed as standard proximate composition. Values from two or more sources for any one component of a given species were reported individually and not averaged, due to the complexity of calculating an accurate average given the wide variety of sampling techniques. Some subjective liberties were taken in handling data from different sources. Some of the literature, for example, contained reams of data generated over many months of observation, while others contained observations of 100 individual fish of one species. The former data lent itself to reporting a range, while the latter (which might vary by only one decimal point) lent itself to averaging and reporting individual data points. It is recommended that the referenced articles be perused in their entirety for the actual data handling.

Fat and moisture content for any one species fluctuates depending on season and location of catch, size, spawning cycles, etc., and variability can be expected in the data. Moisture content may also fluctuate on frozen samples depending on drip loss during thawing. A frozen, retail product may have gone through several freeze/thaw cycles before it was analyzed, thus affecting the drip loss and subsequent moisture determination. This loss in moisture content is reflected as a gain in the other constituents of the proximate composition.

The caloric content was supplied in the table only if provided in the source article. The energy value can be estimated by the following formula:

\[
\text{Energy value (estimated)} = (4 \times \text{protein}) + (4 \times \text{carbohydrate}) + (9 \times \text{fat}).
\]

Large fluctuations in the fat content would be reflected in a wide range of caloric values.

The value in the “PUFA” column shows the percentage of total fatty acids present as polyunsaturated fatty acids (PUFA); Polynsaturated fatty acids are those fatty acids with two or more sites of unsaturation (i.e., two or more double bonds). Saturated fats (no double bonds) and monoenois (one double bond) account for the remaining percent. If the PUFA is reported as percent wet weight (WW), the author has provided the data as the percent of the tissue sampled. The latter is very useful for calculating the amount of the diet consumed as PUFA. Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) comprise a major portion of the PUFA and are the fatty acids which are purported to be therapeutically beneficial in the prevention of cardiovascular disease.

There is a wide range of sodium content in seafood. Unprocessed, straight-from-the-sea seafood has relatively small amounts of sodium. Breading, brining, and canning, to mention a few practices, contribute to higher sodium content. Shellfish are sometimes sprayed with a sodium salt solution for the maintenance of color and quality, and finfish fillets are often treated with a sodium salt dip to preserve texture and reduce drip loss. This will also be reflected in elevated sodium levels in the thawed product. There is a slight uptake of sodium into the flesh of fish held at sea in recirculated seawater. Smoked products will have a high sodium content because they are cured with salt prior to smoking.

The American Heart Association has established the following guidelines for ingestion of cholesterol: 300 mg/day for adult men and 225 mg/day for adult women. Finfish are generally low in cholesterol (about 50-70 mg/4 oz. serving), and 95-99% of their total sterols are present as cholesterol. Cholesterol is also the major sterol in shellfish that eat other animals, such as crabs, lobster, squid, and shrimp. These shellfish have higher levels of cholesterol than finfish. However, shellfish such as mussels, oysters, and clams (the bivalves), which subsist on algae, have low levels of cholesterol, about 30-50% of total sterols, and the balance are plant sterols. Some authors have chosen to report cholesterol as a percentage of total sterols. This does not provide information on cholesterol levels in the sample tissue. Cholesterol is a constituent of the fat and, as such, can be expected to fluctuate with season, geographic location, and sex. It is not unreasonable to anticipate ±20% variability around the values given in the table.

This document is intended for general use. Many details such as specific area of capture, exact numbers used to generate the average, or minute description of the samples are best found by perusing the referenced articles. It should be remembered that finfish and shellfish are dependent on type and availability of food, unlike domesticated animals bred for human consumption which are fed a constant diet year-round. Thus, the data in these tables can provide only approximate amounts of the various components. Data accumulated over a year or more on any one species, and at monthly intervals on all sizes and spanning all locations where it can be found, would more accurately describe the species. In general, however, finfish are low in sodium, cholesterol, and fat. Shellfish are low in fat, a little higher in sodium, and the cholesterol varies depending on their feeding habits. All seafood contains the fatty acids EPA and DHA making seafood a healthy addition to any diet.

**TEXT CITATIONS**


Tables 1 and 2—Proximate composition, energy, polyunsaturated fatty acid, sodium, and cholesterol content of finfish, shellfish, and their products.

**ABBREVIATIONS**

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>BW</td>
<td>Brackish water gr Ground</td>
</tr>
<tr>
<td>DHA</td>
<td>Docosahexaenoic acid HD Hand deboned</td>
</tr>
<tr>
<td>DW</td>
<td>% dry weight HS Hand skinned</td>
</tr>
<tr>
<td>E</td>
<td>East MD Mechanically deboned</td>
</tr>
<tr>
<td>EPA</td>
<td>Eicosapentaenoic acid MS Mechanically skinned</td>
</tr>
<tr>
<td>FA</td>
<td>Fatty acids NL Neutral lipids</td>
</tr>
<tr>
<td>FFA</td>
<td>Free fatty acids PL Phospholipid</td>
</tr>
<tr>
<td>fr.</td>
<td>Freeze PUFA Polysaturated fatty acids</td>
</tr>
<tr>
<td>FW</td>
<td>Freshwater RDA Recommended Daily Allowance</td>
</tr>
<tr>
<td>SW</td>
<td>Seawater</td>
</tr>
<tr>
<td>TG</td>
<td>Triglyceride</td>
</tr>
<tr>
<td>TL</td>
<td>% total lipids</td>
</tr>
<tr>
<td>Tr</td>
<td>Trace</td>
</tr>
<tr>
<td>TS</td>
<td>% total sterols</td>
</tr>
<tr>
<td>unsap.</td>
<td>Unsaponifiable</td>
</tr>
<tr>
<td>XS</td>
<td>Cross section</td>
</tr>
<tr>
<td>W</td>
<td>West</td>
</tr>
<tr>
<td>WW</td>
<td>% wet weight</td>
</tr>
</tbody>
</table>

**Table 1—Finfish**

<table>
<thead>
<tr>
<th>Common/scientific names</th>
<th>Description</th>
<th>Location</th>
<th>Moisture (%)</th>
<th>Protein (%)</th>
<th>Fat (%)</th>
<th>Ash (%)</th>
<th>Carbohydrate (%)</th>
<th>Energy (Cal/100g)</th>
<th>PUFA (% total FA)</th>
<th>Cholesterol (mg%)</th>
<th>Source no.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alewife, <em>Alosa pseudoharengus</em></td>
<td>Fresh, frozen, whole, ground</td>
<td>Lake Michigan</td>
<td>72.8</td>
<td>7.5</td>
<td>3.0</td>
<td>163.6</td>
<td>129</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Commercial oil from whole fish</td>
<td>Unspecified</td>
<td></td>
<td>9.6</td>
<td></td>
<td></td>
<td></td>
<td>8.5 mg TL</td>
<td>6</td>
<td></td>
<td></td>
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<tr>
<td>Alfonsino, <em>Beryx splendens</em></td>
<td>Fillet, frozen</td>
<td>N.Z.</td>
<td>77.3</td>
<td>18.6</td>
<td>2.6</td>
<td>12</td>
<td>152</td>
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<td></td>
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<tr>
<td>Whole body, frozen</td>
<td>N.Z.</td>
<td>6.2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>152</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anchovetta, <em>Engraulis ringens</em></td>
<td>Oil</td>
<td>Chile:</td>
<td>Arica</td>
<td>27.0</td>
<td></td>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>San Vicente</td>
<td>37.7</td>
<td></td>
<td></td>
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<td>3</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Talcahuano</td>
<td>36.9</td>
<td></td>
<td></td>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
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<td>Unspecified</td>
<td>Oil</td>
<td>Mexico:</td>
<td>43.30</td>
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<td></td>
<td>2</td>
<td></td>
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<td></td>
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<td></td>
<td></td>
<td>1975</td>
<td>36.20</td>
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<td></td>
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<tr>
<td></td>
<td>Oil</td>
<td>Chile:</td>
<td>San Vicente</td>
<td>37.0</td>
<td></td>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Talcahuano</td>
<td>37.10</td>
<td></td>
<td></td>
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<td>2</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>Commercial oil</td>
<td>Peru</td>
<td>32.50</td>
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<td></td>
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<tr>
<td></td>
<td>Commercial oil</td>
<td>S. Africa</td>
<td>32.06</td>
<td></td>
<td></td>
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<td>3</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Oil</td>
<td>Peru</td>
<td>43.60</td>
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<td>3</td>
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</tr>
<tr>
<td>Anchovella commersonii</td>
<td>Fillet, midline, muscle, skin XS</td>
<td>Malaysia, retail</td>
<td>0.7</td>
<td></td>
<td></td>
<td>50.20</td>
<td>34</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anchovy, Chile, <em>Engraulis ringens</em></td>
<td>Unspecified</td>
<td>Unspecified</td>
<td>PL 28.00</td>
<td></td>
<td>TO 26.10</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>Anchovy, European, <em>Engraulis encrasicholus</em></td>
<td>Fillet</td>
<td>Unspecified</td>
<td>6.4</td>
<td></td>
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<td>1.15 WW</td>
<td>27</td>
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<tr>
<td>Anchovy, Japanese, <em>Engraulis japonica</em></td>
<td>Adult:</td>
<td>flesh</td>
<td>Japan</td>
<td>1.3-10.7</td>
<td></td>
<td></td>
<td>29.2</td>
<td>50</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td>viscera</td>
<td>Japan</td>
<td>2.6-26.1</td>
<td></td>
<td></td>
<td>27.2</td>
<td>50</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Juvenile:</td>
<td>flesh</td>
<td>Japan</td>
<td>0.9-2.4</td>
<td></td>
<td></td>
<td>29.3</td>
<td>50</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>viscera</td>
<td>Japan</td>
<td>1.8-10.0</td>
<td></td>
<td></td>
<td>32.5</td>
<td>50</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anchovy, Madura, <em>Thrissocles kammalensis</em></td>
<td>Edible meat</td>
<td>Unspecified</td>
<td>0.6</td>
<td></td>
<td></td>
<td>34.2</td>
<td>125</td>
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<td>NE Pacific</td>
<td>37.39</td>
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<td>3</td>
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<td></td>
<td></td>
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<tr>
<td>Argentine, Unspecified</td>
<td>Flesh, iced 2 d, then frozen</td>
<td>Nova Scotia</td>
<td>2</td>
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<td>19</td>
<td>74</td>
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<td>Argentine, Atlantic, <em>Argentina silus</em></td>
<td>Fillet</td>
<td>Unspecified</td>
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<td>0.04 WW</td>
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<tr>
<td>Common/scientific names</td>
<td>Description</td>
<td>Location</td>
<td>Moisture (%)</td>
<td>Protein (%)</td>
<td>Fat (%)</td>
<td>Ash (%)</td>
<td>Carbo-hydrate (%)</td>
<td>Energy (Cal/100g)</td>
<td>PUFA (% total FA)</td>
<td>Na (mg%)</td>
<td>Cholesterol (mg%)</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>-----------------------</td>
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</tr>
<tr>
<td>Barb, Filamented, Puntius filamentosus</td>
<td>Fresh muscle</td>
<td>India</td>
<td>1.14</td>
<td>29.26</td>
<td></td>
<td></td>
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<td></td>
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<td>Barracouta, Thysites arun</td>
<td>Frozen fillet</td>
<td>N.Z.</td>
<td>73</td>
<td>21.0</td>
<td>4.9</td>
<td>1.5</td>
<td></td>
<td>40.50</td>
<td>70</td>
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<td>122</td>
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<tr>
<td>Barramundi, Unspecified</td>
<td>Fresh fillet</td>
<td>Sydney, retail</td>
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<td></td>
</tr>
<tr>
<td>Barramundi Lates sp.</td>
<td>Fresh, frozen fillet</td>
<td>NW Australia</td>
<td>0.6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>44.10</td>
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<td>Bass, P. rustiguroides</td>
<td>Fillet</td>
<td>Malaysia, retail</td>
<td>1.6</td>
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<td></td>
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<td>36.30</td>
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<td>80.5</td>
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<td>1.0</td>
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<td>Protein (%)</td>
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<td>Energy (Cal/100g)</td>
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<td>Na (mg%)</td>
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<td>70.23</td>
<td>19.70</td>
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<td>Carbohydrate (%)</td>
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<td>PUFA (% total FA)</td>
<td>Na (mg%)</td>
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