

Documentation for the Nutrition Labeling Values
for the 20 Most Frequently Consumed
Raw Fruits, Vegetables, and Fish

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Introduction

This reference documents the derivation of each nutrition labeling value for the raw fruits, vegetables, and fish covered in this update. The names of the 20 most frequently consumed raw fruits, vegetables, and fish (which are those varieties purchased raw, not necessarily consumed raw) are listed on page 8. Starting on page 9, each food is listed on a separate page with the corresponding nutrition labeling values and the source for each nutrient value.

Data Sources for the Nutrition Labeling Update

The Food and Drug Administration (FDA) is providing updates to the nutrition labeling values for the 20 most frequently consumed raw fruits, vegetables, and fish based on new data (as identified below) that were submitted or made available to the agency in response to the proposed rule. We derived the nutrition labeling values using compliance calculations based on 95% prediction intervals (1) unless otherwise noted.

When using U.S. Department of Agriculture (USDA) nutrient data, we obtained the data directly from the USDA National Nutrient Data Bank (NNDB) (2), where possible. From these data, we can identify the number of samples, mean values, and estimates of variance, which are necessary to complete compliance calculations in deriving the nutrition labeling values.

For some foods, however, the NNDB does not always have a complete nutrient profile. When we did not have adequate data for nutrients needed for nutrition labeling from the NNDB, or other sources, we used the values in the USDA Nutrient Database for Standard Reference (SR) (3). The SR provides aggregated mean values for nutrients. Although the SR data are primarily derived from data in the NNDB, for some foods, the SR presents a mean value for a nutrient with a sample size of zero. In these cases, USDA has imputed the nutrient value from other sources, such as, from data for foods with a similar nutrient profile.

As USDA updates information, new versions of the SR database are released electronically and are available on its website for searching or downloading (<http://www.nal.usda.gov/fnic/foodcomp/Data/SR17/sr17.html>). The current version is Release 17 (SR17), issued in 2004.

1. Fruits and Vegetables

The sources of new nutrient data for raw fruits and vegetables are as follows:

- a. Data for oranges, grapefruit, tangerines and lemons from the Citrus Research Board (CRB).

b. Data from the USDA NNDB 2001-2002 nationwide sampling of fruits and vegetables for 16 of the top 20 fruits (apple, avocado (California), banana, cantaloupe, grapefruit, honeydew melon, kiwifruit, nectarine, orange, peach, pear, pineapple, plums, strawberries, sweet cherries, and watermelon) and 12 of the top 20 vegetables (bell pepper, broccoli, carrot, celery, cucumber, iceberg lettuce, leaf lettuce, onion, potato, radish, sweet potato, and tomato).

2. Fish

The sources of new nutrient data for fish are as follows:

- a. Data on raw Chinook salmon from the USDA NNDB.

The nutrient values selected by FDA reflect cooking methods that do not add fat, breading, or seasoning.

Nutrients Not Present in Certain Foods

In the absence of other information, we used several well-known principles of food composition to develop some of the nutrition labeling values. We assumed a zero value for the following nutrients:

- a. Cholesterol in fruits and vegetables because cholesterol is found only in animal tissues;
- b. Saturated fat in all fruits and vegetables that have a zero total fat content because saturated fat is a component included in total fat;
- c. *Trans* fat in fruits, vegetables, and fish because these foods would not be expected to contain *trans* fat when there are no added ingredients.
- d. Dietary fiber in fish because dietary fiber is found only in plant materials; and
- e. Sugars in fish because sugars are not found (or are very low) in fish.

Sugars and Total Carbohydrate

The USDA NNDB data for the raw fruits and vegetables did not always include nutrient values for sugars. In such cases, we derived the sugars values primarily from the USDA Home Economics Research Report No. 48 (4). For cantaloupe, honeydew melon, and watermelon, the USDA NNDB data included analytical data for both sugars and dietary fiber. For the three foods, the sum of the values for sugars and dietary fiber exceeded total carbohydrate. In these cases only, the agency adjusted the value for total carbohydrate to reflect the sum of sugars and dietary fiber.

Calories and Calories from Fat

We calculated calorie and calories from fat values for each food based on the Atwater system for determining energy values for individual foods or food groups (i.e., specific factors) rather than using the general factors of 4, 4, and 9 calories per gram for protein, total carbohydrate, and total fat, respectively. The Atwater energy factors are outlined in USDA Handbook No. 74, "Energy Value of Foods—Basis and

Derivation" (5). The specific Atwater factors for the fruits, vegetables, and fish are provided as follows:

Food	Calories per gram		
	Protein	Carbohydrate	Fat
All fruits (except lemon, lime).....	3.36	3.60	8.37
Lemon, lime.....	3.36	2.48	8.37
Mushroom.....	2.62	3.48	8.37
Potato, sweet potato.....	2.78	4.03	8.37
Carrot, onion, radish.....	2.78	3.84	8.37
Other vegetables.....	2.44	3.57	8.37
Finfish.....	4.27	NA	9.02
Shellfish.....	4.27	4.11	9.02

To be consistent with 21 CFR 101.9(c)(1)(i), which states that food factors shall be applied to the actual amount (i.e., before rounding) of the food components (e.g., fat, carbohydrate, and protein), we recalculated the calorie and calories from fat values for each food. In each specified serving of food, we (a) multiplied the unrounded grams of fat by the respective calorie equivalent to obtain the value for calories from fat and (b) multiplied the unrounded grams of protein, carbohydrate, and fat by their respective calorie equivalents and summed them to obtain the value for calories. The actual values and the calculations are provided in the documentation for each food.

Data Treatment

1. Rounding

We rounded the nutrient values according to the rounding rules specified in § 101.9(c), as provided in the following table:

Nutrient	Increment Rounding**	Insignificant Amount
Calories Calories from Fat	< 5 cal – express as 0 ≤ 50 cal – express to nearest 5 cal increment > 50 cal – express to nearest 10 cal increment	< 5 cal
Total Fat Saturated Fat	< 0.5 g – express as 0 < 5 g – express to nearest 0.5g increment ≥ 5 g – express to nearest 1 g increment	< 0.5 g
Cholesterol	< 2 mg – express as 0 2 - 5 mg – express as "less than 5 mg" > 5 mg – express to nearest 5 mg increment	< 2 mg
Sodium Potassium	< 5 mg – express as 0 5 - 140 mg – express to nearest 5 mg increment > 140 mg – express to nearest 10 mg increment	< 5 mg

Nutrient	Increment Rounding**	Insignificant Amount
Total Carbohydrate Dietary Fiber	< 0.5 g – express as 0 < 1 g – express as "Contains less than 1 g" or "less than 1 g" ≥ 1 g – express to nearest 1 g increment	< 1 g
Fiber Sugars	< 0.5 g – express as 0 < 1 g – express as "Contains less than 1 g" or "less than 1 g" ≥ 1 g – express to nearest 1 g increment	< 0.5 g
Protein	< 0.5 g – express as 0 < 1 g – express as "Contains less than 1 g" or "less than 1 g" or to 1 g if 0.5 g to < 1 g ≥ 1 g – express to nearest 1 g increment	< 1 g
When declaring nutrients other than vitamins and minerals that have RDIs as a % DV	express to nearest 1% DV increment	< 1% DV
Vitamins & Minerals (express as % DV)	< 2% of RDI may be expressed as: (1) 2% DV if actual amount is 1% or more (2) 0 (3) an asterisk that refers to statement "Contains less than 2% of the Daily Value of this (these) nutrient(s)" (4) for Vit A, C, calcium, iron: statement "Not a significant source of ____ (listing the vitamins and minerals omitted)" ≤ 10% of RDI – express to nearest 2% DV increment > 10% - 50% of RDI – express to nearest 5% DV increment > 50% of RDI – express to nearest 10% DV increment	< 2% RDI

** To express nutrient values to the nearest 1 g increment:

- for amounts falling exactly halfway between two whole numbers or higher (e.g., 2.5 to 2.99 g), round up (e.g., 3 g).
- for amounts less than halfway between two whole numbers (e.g., 2.01 g to 2.49 g), round down (e.g., 2 g).

When rounding % Daily Value (DV) for nutrients (other than vitamins and minerals) that fall between two whole numbers:

- for values falling exactly halfway between two whole numbers or higher (e.g., 2.5 to 2.99), round up (e.g., 3 %).
- for values falling less than halfway between two whole numbers (e.g., 2.01 to 2.49), round down (e.g., 2%).

2. Percent Daily Values

The percent DVs are based on a caloric intake of 2,000 calories for adults and children four or more years of age according to 21 CFR 101.9(c)(9) and 101.9(c)(8)(iv). The following table lists the daily values for the nutrients used in the nutrition labeling of raw fruits, vegetables, and fish covered in this regulation.

Nutrient	Daily Value
Total Fat	65 grams (g)
Saturated Fat	20 g
Cholesterol	300 milligrams (mg)
Sodium	2,400 mg
Potassium	3,500 mg
Total Carbohydrate	300 g
Dietary Fiber	25 g
Vitamin A	5,000 International Units (IU)
Vitamin C	60 mg
Calcium	1,000 mg
Iron	18 mg

We calculated the percent DVs from– (a) the rounded values for total fat, saturated fat, cholesterol, sodium, potassium, total carbohydrate, and dietary fiber; and (b) the unrounded values for vitamin A, vitamin C, calcium, and iron.

3. Retention Factors for Fish

a. Cooking Yield for Raw Fish

The nutrition labeling values for fish provided in Appendix D to part 101 are based on the cooked edible portion (i.e., 84 g/3 oz) in accordance with § 101.45(a)(2). However, most of the nutrient data used to derive the nutrient values were available only for raw fish. Therefore, when using data for raw fish, we had to determine the raw fish weight that would yield 84 g (3 oz) of cooked fish. This adjusted raw fish weight provides the basis upon which to derive the nutrient values.

We calculated the raw weight by dividing the cooked weight (3 oz) by the appropriate cooking yield; i.e., a 75 percent cooking yield for finfish (based on dry heat cooking) and crustaceans (based on moist heat cooking), a 60 percent cooking yield for oysters (dry heat cooking), and a 50 percent cooking yield for clams and scallops (moist heat cooking) (6, 7, 8). Thus, when we used nutrient data for raw fish, we used 4 oz (112 g) of raw finfish and raw crustaceans, 5 oz (140 g) of raw oysters, and 6 oz (168 g) of raw clams and scallops to obtain nutrition labeling values for 3 oz (84 g) of cooked fish.

b. Nutrient Retention Factors

In 1998, USDA issued an updated table of nutrient retention factors, which is a major source of nutrient retention data for U.S. food composition data bases (9). Thus, when we used data for raw

fish, we applied the appropriate nutrient retention factors from this update to obtain more accurate nutrient values. The nutrient retention factors for the type of fish and corresponding cooking procedure are as follows:

<u>Cooking Procedure/ Type of Fish</u>	<u>Nutrient Retention Factors</u>			
	<u>Potassium</u>	<u>Vitamin A</u>	<u>Vitamin C</u>	<u>Iron</u>
Dry Heat:				
Finfish:				
Less than 5% fat.....	100%	90%	80%	100%
More than 5% fat.....	100%	85%	80%	100%
Shellfish:				
Oysters.....	100%	95%	85%	100%
Moist Heat:				
Shellfish (except oysters).....	90%	90%	80%	90%

The USDA NNDB (2) and SR (3) provide data for both cooked and raw varieties of fish, but for most varieties, vitamins A and C have very little data (0 to 3 analytical samples). Rather than apply nutrient retention factors to such small samples of data for raw fish, we have used vitamin A and vitamin C values from the SR, adjusted to the appropriate serving size, for cooked finfish (except catfish and tilapia) and cooked shellfish (except scallops). Because we are using the vitamin A and vitamin C values based on cooked fish, the nutrient retention factors do not need to be applied.

For catfish, application of the nutrient retention factors to vitamins A and C does not change the current value of 0% DV. For tilapia, we used data obtained from industry on the raw fish and applied the appropriate nutrient retention factors. The only SR data that were available for cooked scallops were for breaded and fried, a cooking method that greatly affects the nutrient profile of the fish. Thus, we used data for raw scallops and applied the appropriate nutrient retention factors for potassium, vitamin A, vitamin C, and iron. For blue crab, clams, and shrimp, we used data for the raw fish and applied the appropriate nutrient retention factors for potassium and iron.

References

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3. U.S. Department of Agriculture, Agricultural Research Service, Nutrient Database for Standard

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8. Gutting, R., National Fisheries Institute, memorandum of phone conversation between National Fisheries Institute and FDA, October 2, 1998.
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20 Most Frequently Consumed Raw Fruits, Vegetables, and Fish

Fruits

1. Apple
2. Avocado
3. Banana
4. Cantaloupe
5. Grapefruit
6. Grapes
7. Honeydew Melon
8. Kiwifruit
9. Lemon
10. Lime
11. Nectarine
12. Orange
13. Peach
14. Pear
15. Pineapple
16. Plums
17. Strawberries
18. Sweet Cherries
19. Tangerine
20. Watermelon

Vegetables

1. Asparagus
2. Bell Pepper
3. Broccoli
4. Carrot
5. Cauliflower
6. Celery
7. Cucumber
8. Green (Snap) Beans
9. Green Cabbage
10. Green Onion
11. Iceberg Lettuce
12. Leaf Lettuce
13. Mushrooms
14. Onion
15. Potato
16. Radishes
17. Summer Squash
18. Sweet Corn
19. Sweet Potato
20. Tomato

Fish

1. Blue Crab
2. Catfish
3. Clams
4. Cod
5. Flounder/Sole
6. Haddock
7. Halibut
8. Lobster
9. Ocean Perch
10. Orange Roughy
11. Oysters
12. Pollock
13. Rainbow Trout
14. Rockfish
15. (a) Salmon,
Atlantic/Coho/Sockeye/Chinook
15. (b) Salmon, Chum/Pink
16. Scallops
17. Shrimp
18. Swordfish
19. Tilapia
20. Tuna

20 Most Frequently Consumed Raw Fruits

1. Apple, raw, 1 medium (154 g/5.5 oz)

	Amount	%DV	Notes
Calories	80		$(0.444)(3.36) + (21.371)(3.6) + (0.266)(8.37) = 80.66$, rounded to 80
Calories from Fat	0		$(0.266)(8.37) = 2.23$, rounded to zero
Total Fat (g)	0	0%	USDA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	0	0%	PMA ^b
Potassium (mg)	160	5%	USDA
Total Carbohydrate (g)	21	7%	USDA
Dietary Fiber (g)	3	12%	USDA
Sugars (g)	16		USDA
Protein (g)	0		USDA
Vitamin A (%)		2%	USDA
Vitamin C (%)		8%	PMA
Calcium (%)		0%	USDA
Iron (%)		0%	USDA

^a Data submitted from USDA NNDB and evaluated by FDA.

^b Data submitted by the Produce Marketing Association (PMA) and evaluated by FDA.

2. Avocado, California varieties, raw, 1/5 medium (30 g/1.1 oz)

	Amount	%DV	Notes
Calories	50		$(0.555)(3.36) + (1.930)(3.6) + (5.395)(8.37) = 53.97$, rounded to 50
Calories from Fat	45		$(5.395)(8.37) = 45.16$, rounded to 45
Total Fat (g)	5	8%	CAC and USDA weighted ^a
Saturated Fat (g)	1	5%	CAC
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	0	0%	CAC and USDA weighted
Potassium (mg)	140	4%	CAC and USDA weighted
Total Carbohydrate (g)	2	1%	CAC and USDA weighted
Dietary Fiber (g)	1	4%	CAC and USDA weighted
Sugars (g)	0		CAC and USDA weighted
Protein (g)	1		CAC and USDA weighted
Vitamin A (%)		0%	CAC and USDA weighted
Vitamin C (%)		4%	CAC
Calcium (%)		0%	CAC and USDA weighted
Iron (%)		0%	CAC and USDA weighted

^a Data submitted by the California Avocado Commission (CAC) and from USDA NNDB and evaluated by FDA.

3. Banana, raw, 1 medium (126 g/4.5 oz)

	Amount	%DV	Notes
Calories	110		$(1.121)(3.36) + (29.955)(3.6) + (0.315)(8.37) = 114.25$, rounded to 110
Calories from Fat	0		$(0.315)(8.37) = 2.64$, rounded to zero
Total Fat (g)	0	0%	USDA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	5	0%	USDA
Potassium (mg)	450	13%	USDA
Total Carbohydrate (g)	30	10%	USDA
Dietary Fiber (g)	2	8%	USDA
Sugars (g)	19		USDA
Protein (g)	1		USDA
Vitamin A (%)		0%	USDA
Vitamin C (%)		15%	PMA ^b
Calcium (%)		0%	USDA
Iron (%)		2%	USDA

^a Data submitted from USDA NNDB and evaluated by FDA.

^b Data submitted by the Produce Marketing Association (PMA) and evaluated by FDA.

4. Cantaloupe, raw, 1/4 medium melon (134 g/4.8 oz)

	Amount	%DV	Notes
Calories	50		$(0.972)(3.36) + (12)(3.6) + (0.38)(8.37) = 49.65$, rounded to 50
Calories from Fat	0		$(0.38)(8.37) = 3.18$ rounded to zero
Total Fat (g)	0	0%	USDA ^a
Saturated Fat	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	20	1%	USDA
Potassium	240	7%	USDA
Total Carbohydrate (g)	12	4%	adjusted ^b
Dietary Fiber (g)	1	4%	USDA
Sugars (g)	11		USDA
Protein (g)	1		USDA
Vitamin A (%)		120%	USDA
Vitamin C (%)		80%	PMA ^c
Calcium (%)		0%	USDA
Iron (%)		2%	USDA

^a Data submitted from USDA NNDB and evaluated by FDA.

^b Total carbohydrate (12 g) adjusted to reflect the sum of dietary fiber and sugars. The USDA calculated value for total carbohydrate was 11 g.

^c Data submitted by the Produce Marketing Association (PMA) and evaluated by FDA.

5. Grapefruit, raw, ½ medium (154 g/5.5 oz)

	Amount	%DV	Notes
Calories	60		$(1.058)(3.36) + (15.285)(3.6) + (0.446)(8.37) = 62.31$, rounded to 60
Calories from Fat	0		$(0.446)(8.37) = 3.73$, rounded to zero
Total Fat (g)	0	0%	USDA and CRB ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	0	0%	CRB
Potassium (mg)	160	5%	USDA and CRB
Total Carbohydrate (g)	15	5%	USDA and CRB
Dietary Fiber (g)	2	8%	USDA and CRB
Sugars (g)	11		USDA and CRB
Protein (g)	1		USDA and CRB
Vitamin A (%)		35%	USDA and CRB
Vitamin C (%)		100%	CRB and PMA ^b
Calcium (%)		4%	USDA and CRB
Iron (%)		0%	USDA and CRB

^a Data submitted from USDA NNDB and by the Citrus Research Board (CRB) and evaluated by FDA.

^b Data submitted by the Produce Marketing Association (PMA) and evaluated by FDA.

6. Grapes, raw, 3/4 cup (126 g/4.5 oz)

	Amount	%DV	Notes
Calories	90		$(0.484)(3.36) + (22.965)(3.6) + (0.26)(8.37) = 86.48$, rounded to 90
Calories from Fat	0		$(0.26)(8.37) = 2.18$, rounded to zero
Total Fat (g)	0	0%	CTGC ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	15	1%	CTGC
Potassium (mg)	240	7%	CTGC
Total Carbohydrate (g)	23	8%	CTGC
Dietary Fiber (g)	1	4%	CTGC
Sugars (g)	20		CTGC
Protein (g)	0		CTGC
Vitamin A (%)		0%	CTGC
Vitamin C (%)		2%	CTGC
Calcium (%)		2%	CTGC
Iron (%)		0%	CTGC

^a Data submitted by the California Table Grape Commission (CTGC) and evaluated by FDA.

7. Honeydew melon, raw, 1/10 melon (134 g/4.8 oz)

	Amount	%DV	Notes
Calories	50		$(0.581)(3.36) + (12)(3.6) + (0.294)(8.37) = 47.61$, rounded to 50
Calories from Fat	0		$(0.294)(8.37) = 2.46$, rounded to zero
Total Fat (g)	0	0%	USDA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	30	1%	USDA
Potassium (mg)	210	6%	USDA
Total Carbohydrate (g)	12	4%	adjusted ^b
Dietary Fiber (g)	1	4%	USDA
Sugars (g)	11		USDA
Protein (g)	1		USDA
Vitamin A (%)		2%	USDA
Vitamin C (%)		45%	PMA ^c
Calcium (%)		0%	USDA
Iron (%)		2%	USDA

^a Data submitted from USDA NNDB and evaluated by FDA.

^b Total carbohydrate (12 g) adjusted to reflect the sum of dietary fiber and sugars. The USDA calculated value for total carbohydrate was 11 g.

^c Data submitted by the Produce Marketing Association (PMA) and evaluated by FDA.

8. Kiwifruit, raw, 2 medium (148 g/5.3 oz)

	Amount	%DV	Notes
Calories	90		$(1.281)(20.169) + (23.78)(3.60) + (1.426)(8.37) = 88.85$, rounded to 90
Calories from Fat	10		$(1.426)(8.37) = 11.94$, rounded to 10
Total Fat (g)	1.5	2%	USDA ^a
Saturated Fat (g)	0	0%	USDA SR17, NDB No. 09148 ^b
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	0	0%	USDA
Potassium (mg)	450	13%	USDA
Total Carbohydrate (g)	20	7%	USDA
Dietary Fiber (g)	4	16%	USDA
Sugars (g)	13		USDA
Protein (g)	1		USDA
Vitamin A (%)		2%	USDA
Vitamin C (%)		240%	PMA ^c
Calcium (%)		4%	USDA
Iron (%)		2%	USDA

^a Data submitted from USDA NNDB and evaluated by FDA.

^b Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

^c Data from Produce Marketing Association (PMA) and evaluated by FDA.

9. Lemon, raw, 1 medium (58 g/2.1 oz)

	Amount	%DV	Notes
Calories	15		$(0.301)(3.36) + (5.15)(2.48) + (0.349)(8.37) = 16.7$, rounded to 15
Calories from Fat	0		$(0.349)(8.37) = 2.92$, rounded to zero
Total Fat (g)	0	0%	PMA and CRB ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	0	0%	PMA and CRB
Potassium (mg)	75	2%	PMA and CRB
Total Carbohydrate (g)	5	2%	PMA and CRB
Dietary Fiber (g)	1	4%	PMA and CRB
Sugars (g)	2		CRB
Protein (g)	0		PMA and CRB
Vitamin A (%)		0%	PMA
Vitamin C (%)		40%	PMA and CRB
Calcium (%)		2%	PMA and CRB
Iron (%)		0%	PMA and CRB

^a Data submitted by the Produce Marketing Association (PMA) and Citrus Research Board (CRB) and evaluated by FDA.

10. Lime, raw, 1 medium (67 g/2.4 oz)

	Amount	%DV	Notes
Calories	20		$(0.29)(3.36) + (7.052)(2.48) + (0.134)(8.37) = 19.58$, rounded to 20
Calories from Fat	0		$(0.134)(8.37) = 1.122$, rounded to zero
Total Fat (g)	0	0%	USDA SR17, NDB No. 09159 ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	0	0%	USDA ^b
Potassium (mg)	75	2%	USDA
Total Carbohydrate (g)	7	2%	calculated
Dietary Fiber (g)	2	8%	USDA SR17, NDB No. 09159
Sugars (g)	0		USDA HER Report No. 48 ^c
Protein (g)	0		USDA(nitrogen mean x 6.25) $(0.047)(6.25) = 0.29$, rounded to zero
Vitamin A (%)		0%	USDA SR17, NDB No. 09159
Vitamin C (%)		35%	USDA SR17, NDB No. 09159
Calcium (%)		0%	USDA
Iron (%)		0%	USDA

^a Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

^b Data submitted from USDA NNDB and evaluated by FDA.

^c Data from Home Economics Research Report No. 48, Sugar Content of Selected Foods: Individual and Total.

11. Nectarine, raw, 1 medium (140 g/5.0 oz)

	Amount	%DV	Notes
Calories	60		$(0.933)(3.36) + (14.501)(3.60) + (0.608)(8.37) = 60.42$, rounded to 60
Calories from Fat	5		$(0.608)(8.37) = 5.09$, rounded to zero
Total Fat (g)	0.5	1%	CTFA and USDA weighted ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	0	0%	CTFA and USDA weighted
Potassium (mg)	250	7%	CTFA and USDA weighted
Total Carbohydrate (g)	15	5%	CTFA and USDA weighted
Dietary Fiber (g)	1	4%	CTFA and USDA weighted
Sugars (g)	11		CTFA and USDA weighted
Protein (g)	1		CTFA and USDA weighted
Vitamin A (%)		8%	CTFA and USDA weighted
Vitamin C (%)		15%	CTFA
Calcium (%)		0%	CTFA and USDA weighted
Iron (%)		2%	CTFA and USDA weighted

^a Data submitted by the California Tree Fruit Agreement (CTFA) and from USDA NNDB and evaluated by FDA.

12. Orange, raw, 1 medium (154 g/5.5 oz)

	Amount	%DV	Notes
Calories	80		$(1.291)(3.36) + (18.708)(3.60) + (0.452)(8.37) = 75.47$, rounded to 80
Calories from Fat	0		$(0.452)(8.37) = 3.78$, rounded to zero
Total Fat (g)	0	0%	USDA and CRB ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	0	0%	USDA and CRB
Potassium (mg)	250	7%	USDA and CRB
Total Carbohydrate (g)	19	6%	USDA and CRB
Dietary Fiber (g)	3	12%	USDA and CRB
Sugars (g)	14		USDA and CRB
Protein (g)	1		USDA and CRB
Vitamin A (%)		0%	USDA and CRB
Vitamin C (%)		130%	PMA ^b and CRB
Calcium (%)		6%	USDA and CRB
Iron (%)		0%	USDA and CRB

^aData submitted from USDA NNDB and by the Citrus Research Board (CRB) and evaluated by FDA.

^bData submitted by the Produce Marketing Association (PMA) and evaluated by FDA.

13. Peach, raw, 1 medium (147 g/5.3 oz)

	Amount	%DV	Notes
Calories	60		$(1.33)(3.36) + (15.467)(3.6) + (0.511)(8.37) = 64.43$, rounded to 60
Calories from Fat	0		$(0.511)(8.37) = 4.28$, rounded to zero
Total Fat (g)	0.5	1%	CTFA and USDA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	0	0%	CTFA and USDA
Potassium (mg)	230	7%	CTFA and USDA
Total Carbohydrate (g)	15	5%	CTFA and USDA
Dietary Fiber (g)	2	8%	CTFA and USDA
Sugars (g)	13		CTFA and USDA
Protein (g)	1		CTFA and USDA
Vitamin A (%)		6%	CTFA and USDA
Vitamin C (%)		15%	CTFA
Calcium (%)		0%	CTFA
Iron (%)		2%	CTFA and USDA

^a Data submitted by the California Tree Fruit Agreement (CTFA) and from USDA NNDB and evaluated by FDA.

14. Pear, raw, 1 medium (166 g/5.9 oz)

	Amount	%DV	Notes
Calories	100		$(0.444)(3.36) + (25.466)(3.6) + (0.335)(8.37) = 95.97$, rounded to 100
Calories from Fat	0		$(0.335)(8.37) = 2.8$, rounded to 0
Total Fat (g)	0	0%	USDA ^a
Saturated Fat (g)	0	0%	USDA SR17, NDB No. 09252 ^b
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	0	0%	USDA
Potassium (mg)	180	5%	USDA
Total Carbohydrate (g)	25	8%	USDA
Dietary Fiber (g)	4	16%	USDA
Sugars (g)	16		USDA HER Report No. 48 ^c
Protein (g)	0		USDA
Vitamin A (%)		0%	USDA SR17, NDB No. 09252
Vitamin C (%)		10%	USDA SR17, NDB No. 09252
Calcium (%)		0%	USDA
Iron (%)		0%	USDA

^a Data submitted from USDA NNDB and evaluated by FDA.

^b Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

^c Data from Home Economics Research Report No. 48, Sugar Content of Selected Foods: Individual and Total.

15. Pineapple, raw, 2 slices, 3" diameter, 3/4" thick (112 g/4.0 oz)

	Amount	%DV	Notes
Calories	50		$(0.625)(3.36) + (12.65)(3.60) + (0.167)(8.37) = 49.04$, rounded to 50
Calories from Fat	0		$(0.167)(8.37) = 1.4$, rounded to zero
Total Fat (g)	0	0%	USDA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	10	0%	PMA ^b
Potassium (mg)	120	3%	USDA
Total Carbohydrate (g)	13	4%	USDA
Dietary Fiber (g)	1	4%	USDA
Sugars (g)	10		USDA
Protein (g)	1		USDA
Vitamin A (%)		2%	USDA
Vitamin C (%)		50%	USDA
Calcium (%)		2%	USDA
Iron (%)		0%	USDA

^a Data submitted from USDA NNDB and evaluated by FDA.

^b Data submitted by the Produce Marketing Association (PMA) and evaluated by FDA.

16. Plums, raw, 2 medium (151 g/5.4 oz)

	Amount	%DV	Notes
Calories	70		$(0.909)(3.36) + (18.588)(3.60) + (0.389)(8.37) = 73.23$, rounded to 70
Calories from Fat	0		$(0.389)(8.37) = 3.256$, rounded to zero
Total Fat (g)	0	0%	CTFA and USDA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	0	0%	CTFA and USDA
Potassium (mg)	230	7%	CTFA and USDA
Total Carbohydrate (g)	19	6%	CTFA and USDA
Dietary Fiber (g)	1	4%	CTFA and USDA
Sugars (g)	16		CTFA and USDA
Protein (g)	1		CTFA and USDA
Vitamin A (%)		8%	CTFA and USDA
Vitamin C (%)		10%	CTFA
Calcium (%)		0%	CTFA and USDA
Iron (%)		0%	CTFA and USDA

^a Data submitted by the California Tree Fruit Agreement (CTFA) and from USDA NNDB and evaluated by FDA.

17. Strawberries, raw, 8 medium (147 g/5.3 oz)

	Amount	%DV	Notes
Calories	50		$(0.827)(3.36) + (11.199)(3.60) + (0.452)(8.37) = 46.88$, rounded to 50
Calories from Fat	0		$(0.452)(8.37) = 3.78$, rounded to zero
Total Fat (g)	0	0%	USDA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	0	0%	USDA
Potassium (mg)	170	5%	USDA
Total Carbohydrate (g)	11	4%	USDA
Dietary Fiber (g)	2	8%	USDA
Sugars (g)	6		USDA
Protein (g)	1		USDA
Vitamin A (%)		0%	USDA
Vitamin C (%)		160%	PMA ^b
Calcium (%)		0%	USDA
Iron (%)		0%	USDA

^a Data submitted from USDA NNDB and evaluated by FDA.

^b Data submitted by the Produce Marketing Association (PMA) and evaluated by FDA.

18. Sweet cherries, raw, 21 cherries; 1 cup (140 g/5.0 oz)

	Amount	%DV	Notes
Calories	100		$(0.707)(3.36) + (26.112)(3.60) + (0.19)(8.37) = 97.97$, rounded to 100
Calories from Fat	0		$(0.19)(8.37) = 1.59$, rounded to zero
Total Fat (g)	0	0%	USDA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	0	0%	USDA
Potassium (mg)	350	10%	USDA
Total Carbohydrate (g)	26	9%	USDA
Dietary Fiber (g)	1	4%	USDA
Sugars (g)	16		USDA
Protein (g)	1		USDA
Vitamin A (%)		2%	USDA
Vitamin C (%)		15%	PMA ^b
Calcium (%)		2%	USDA
Iron (%)		2%	USDA

^a Data submitted from USDA NNDB and evaluated by FDA.

^b Data submitted by the Produce Marketing Association (PMA) and evaluated by FDA.

19. Tangerine, raw, 1 medium (109 g/3.9 oz)

	Amount	%DV	Notes
Calories	50		$(0.959)(3.36) + (13.015)(3.6) + (0.458)(8.37) = 53.909$, rounded to 50
Calories from Fat	0		$(0.458)(8.37) = 3.833$, rounded to 0
Total Fat (g)	0	0%	PMA and CRB ^a
Saturated Fat (g)	0	0%	USDA SR17, NDB No. 09218 ^b
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	5	0%	PMA and CRB
Potassium (mg)	160	5%	PMA and CRB
Total Carbohydrate (g)	13	4%	PMA and CRB
Dietary Fiber (g)	2	8%	PMA and CRB
Sugars (g)	9		CRB
Protein (g)	1		PMA and CRB
Vitamin A (%)		6%	PMA and CRB
Vitamin C (%)		45%	PMA and CRB
Calcium (%)		4%	PMA and CRB
Iron (%)		0%	PMA and CRB

^a Data submitted by the Produce Marketing Association (PMA) and the Citrus Research Board (CRB) and evaluated by FDA.

^b Data from USDA Nutrient Database for Standard Reference, Release 17SR17).

20. Watermelon, raw, 1/18 medium melon; 2 cups diced pieces (280 g/10.0 oz)

	Amount	%DV	Notes
Calories	80		$(1.488)(3.36) + (21)(3.6) + (0.482)(8.37) = 84.63$, rounded to 80
Calories from Fat	0		$(0.482)(8.37) = 4.03$, rounded to zero
Total Fat (g)	0	0%	USDA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	0	0%	USDA
Potassium (mg)	270	8%	USDA
Total Carbohydrate (g)	21	7%	adjusted ^b
Dietary Fiber (g)	1	4%	USDA
Sugars (g)	20		USDA
Protein (g)	1		USDA
Vitamin A (%)		30%	USDA
Vitamin C (%)		25%	PMA ^c
Calcium (%)		2%	USDA
Iron (%)		4%	USDA

^a Data submitted from USDA NNDB and evaluated by FDA.

^b Total carbohydrate (21 g) adjusted to reflect the sum of dietary fiber and sugars. The USDA calculated value for total carbohydrate was 19 g.

^c Data submitted by the Produce Marketing Association (PMA) and evaluated by FDA.

20 Most Frequently Consumed Raw Vegetables

I. Asparagus, raw, 5 spears (93 g/3.3 oz)

	Amount	%DV	Notes
Calories	20		$(2.09)(2.44) + (4.09)(3.57) + (0.28)(8.37) = 22.04$, rounded to 20
Calories from Fat	0		$(0.28)(8.37) = 2.34$, rounded to zero
Total Fat (g)	0	0%	PMA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	0	0%	PMA
Potassium (mg)	230	7%	PMA
Total Carbohydrate (g)	4	1%	PMA
Dietary Fiber (g)	2	8%	PMA
Sugars (g)	2		USDA HER Report No. 48 ^b
Protein (g)	2		PMA
Vitamin A (%)		10%	PMA
Vitamin C (%)		15%	PMA
Calcium (%)		2%	PMA
Iron (%)		2%	PMA

^a Data submitted by the Produce Marketing Association (PMA) and evaluated by FDA.

^b Data from Home Economics Research Report No. 48, Sugar Content of Selected Foods: Individual and Total.

2. Bell pepper, raw, 1 medium (148 g/5.3 oz)

	Amount	%DV	Notes
Calories	25		$(0.936)(2.44) + (5.848)(3.57) + (0.39)(8.37) = 26.42$, rounded to 25
Calories from Fat	0		$(0.39)(8.37) = 3.26$, rounded to zero
Total Fat (g)	0	0%	USDA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	40	2%	USDA
Potassium (mg)	220	6%	USDA
Total Carbohydrate (g)	6	2%	USDA
Dietary Fiber (g)	2	8%	PMA ^b
Sugars (g)	4		USDA HER Report No. 48 ^c
Protein (g)	1		USDA
Vitamin A (%)		4%	USDA
Vitamin C (%)		190%	PMA
Calcium (%)		2%	USDA
Iron (%)		4%	USDA

^a Data submitted from USDA NNDB and evaluated by FDA.

^b Data submitted by the Produce Marketing Association (PMA) and evaluated by FDA.

^c Data from Home Economics Research Report No. 48, Sugar Content of Selected Foods: Individual and Total.

3. Broccoli, raw, 1 medium stalk (148 g/5.3 oz)

	Amount	%DV	Notes
Calories	45		$(1.865)(2.44) + (9.955)(3.57) + (0.565)(8.37) = 44.82$, rounded to 45
Calories from Fat	0		$(0.565)(8.37) = 4.73$, rounded to zero
Total Fat (g)	0.5	1%	USDA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	80	3%	USDA
Potassium (mg)	460	13%	USDA
Total Carbohydrate (g)	10	3%	USDA
Dietary Fiber (g)	3	12%	USDA
Sugars (g)	2		USDA
Protein (g)	2		USDA
Vitamin A (%)		6%	USDA
Vitamin C (%)		220%	PMA ^b
Calcium (%)		6%	USDA
Iron (%)		4%	USDA

^a Data submitted from USDA NNDB and evaluated by FDA.

^b Data submitted by the Produce Marketing Association (PMA) and evaluated by FDA.

4. Carrot, raw, 1 carrot, 7" long, 1 1/4" diameter (78 g/2.8 oz)

	Amount	%DV	Notes
Calories	30		$(0.474)(2.78) + (7.339)(3.84) + (0.191)(8.37) = 31.10$, rounded to 30
Calories from Fat	0		$(0.191)(8.37) = 1.6$, rounded to zero
Total Fat (g)	0	0%	USDA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	60	3%	USDA
Potassium (mg)	250	7%	USDA
Total Carbohydrate (g)	7	2%	USDA
Dietary Fiber (g)	2	8%	USDA SR17, NDB No. 11124 ^b
Sugars (g)	5		USDA
Protein (g)	1		USDA
Vitamin A (%)		110%	USDA
Vitamin C (%)		10%	PMA ^c
Calcium (%)		2%	USDA
Iron (%)		0%	USDA

^a Data submitted from USDA NDB and evaluated by FDA.

^b Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

^c Data submitted by the Produce Marketing Association (PMA) and evaluated by FDA.

5. Cauliflower, raw, 1/6 medium head (99 g/3.5 oz)

	Amount	%DV	Notes
Calories	25		$(1.96)(2.44) + (4.83)(3.57) + (0.24)(8.37) = 24.03$, rounded to 25
Calories from Fat	0		$(0.24)(8.37) = 2.01$, rounded to zero
Total Fat (g)	0	0%	PMA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	30	1%	PMA
Potassium (mg)	270	8%	PMA
Total Carbohydrate (g)	5	2%	PMA
Dietary Fiber (g)	2	8%	PMA
Sugars (g)	2		USDA HER Report No. 48 ^b
Protein (g)	2		PMA
Vitamin A (%)		0%	PMA
Vitamin C (%)		100%	PMA
Calcium (%)		2%	PMA
Iron (%)		2%	PMA

^a Data submitted by the Produce Marketing Association (PMA) and evaluated by FDA.

^b Data from Home Economics Research Report No. 48, Sugar Content of Selected Foods: Individual and Total.

6. Celery, raw, 2 medium stalks (110 g/3.9 oz)

	Amount	%DV	Notes
Calories	15		$(0.491)(2.44) + (3.797)(3.57) + (0.115)(8.37) = 15.72$, rounded to 15
Calories from Fat	0		$(0.115)(8.37) = 0.96$, rounded to zero
Total Fat (g)	0	0%	USDA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	115	5%	USDA
Potassium (mg)	260	7%	USDA
Total Carbohydrate (g)	4	1%	USDA
Dietary Fiber (g)	1	4%	USDA
Sugars (g)	2		USDA
Protein (g)	0		USDA
Vitamin A (%)		10%	USDA
Vitamin C (%)		15%	PMA ^b
Calcium (%)		4%	USDA
Iron (%)		2%	USDA

^a Data submitted from USDA NNDB and evaluated by FDA.

^b Data submitted by the Produce Marketing Association (PMA) and evaluated by FDA.

7. Cucumber, raw, 1/3 medium (99 g/3.5 oz)

	Amount	%DV	Notes
Calories	15		$(0.376)(2.44) + (2.485)(3.57) + (0.315)(8.37) = 12.43$, rounded to 15
Calories from Fat	0		$(0.315)(8.37) = 2.64$, rounded to zero
Total Fat (g)	0	0%	USDA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	0	0%	USDA
Potassium (mg)	140	4%	USDA
Total Carbohydrate (g)	3	1%	USDA
Dietary Fiber (g)	1	4%	PMA ^b
Sugars (g)	2		USDA HER Report No. 48 ^c
Protein (g)	0		USDA
Vitamin A (%)		4%	PMA
Vitamin C (%)		10%	PMA
Calcium (%)		2%	USDA
Iron (%)		2%	USDA

^a Data submitted from USDA NNDB and evaluated by FDA.

^b Data submitted by the Produce Marketing Association (PMA) and evaluated by FDA.

^c Data from Home Economics Research Report No. 48, Sugar Content of Selected Foods: Individual and Total.

8. Green (snap) beans, raw 3/4 cup cut (83 g/3.0 oz)

	Amount	%DV	Notes
Calories	20		$(1.33)(2.44) + (4.94)(3.57) + (0.16)(8.37) = 22.22$, rounded to 20
Calories from Fat	0		$(0.16)(8.37) = 1.34$, rounded to zero
Total Fat (g)	0	0%	PMA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	0	0%	PMA
Potassium (mg)	200	6%	PMA
Total Carbohydrate (g)	5	2%	PMA
Dietary Fiber (g)	3	12%	PMA
Sugars (g)	2		USDA HER Report No. 48 ^b
Protein (g)	1		PMA
Vitamin A (%)		4%	PMA
Vitamin C (%)		10%	PMA
Calcium (%)		4%	PMA
Iron (%)		2%	PMA

^a Data submitted by the Produce Marketing Association (PMA) and evaluated by FDA.

^b Data from Home Economics Research Report No. 48, Sugar Content of Selected Foods: Individual and Total.

9. Green cabbage, raw, 1/12 medium head (84 g/3.0 oz)

	Amount	%DV	Notes
Calories	25		$(1.3)(2.44) + (5.25)(3.57) + (0.16)(8.37) = 23.25$, rounded to 25
Calories from Fat	0		$(0.16)(8.37) = 1.34$, rounded to zero
Total Fat (g)	0	0%	PMA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	20	1%	PMA
Potassium (mg)	190	5%	PMA
Total Carbohydrate (g)	5	2%	PMA
Dietary Fiber (g)	2	8%	PMA
Sugars (g)	3		USDA HER Report No. 48 ^b
Protein (g)	1		PMA
Vitamin A (%)		0%	PMA
Vitamin C (%)		70%	PMA
Calcium (%)		4%	PMA
Iron (%)		2%	PMA

^a Data submitted by the Produce Marketing Association (PMA) and evaluated by FDA.

^b Data from Home Economics Research Report No. 48, Sugar Content of Selected Foods: Individual and Total.

10. Green onion, raw, 1/4 cup chopped (25 g/0.9 oz)

	Amount	%DV	Notes
Calories	10		$(0.46)(2.44) + (1.731)(3.84) + (0.148)(8.37) = 9.14$, rounded to 10
Calories from Fat	0		$(0.148)(8.37) = 1.24$, rounded to zero
Total Fat (g)	0	0%	USDA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol(mg)	0	0%	assumed zero
Sodium (mg)	10	0%	USDA
Potassium (mg)	70	2%	USDA
Total Carbohydrate (g)	2	1%	calculated ^b
Dietary Fiber (g)	1	4%	USDA
Sugars (g)	1		USDA HER Report No. 48 ^c
Protein (g)	0		USDA (nitrogen mean x 6.25) $(0.073)(6.25) = 0.46$, rounded to zero
Vitamin A (%)		2%	USDA
Vitamin C (%)		8%	USDA
Calcium (%)		2%	USDA mean value (n = 3)
Iron (%)		0%	USDA

^a Data submitted from USDA NNDB and evaluated by FDA.

^b Total Carbohydrate = weight - unrounded protein - unrounded total fat - moisture - ash.

^c Data from Home Economics Research Report No. 48, Sugar Content of Selected Foods: Individual and Total.

11. Iceberg lettuce, raw, 1/6 medium head (89 g/3.2 oz)

	Amount	%DV	Notes
Calories	10		$(0.773)(2.44) + (2.087)(3.57) + (.187)(8.37) = 10.9$, rounded to 10
Calories from Fat	0		$(0.187)(8.37) = 1.57$, rounded to zero
Total Fat (g)	0	0%	USDA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	10	0%	PMA CHECK
Potassium (mg)	125	4%	USDA
Total Carbohydrate (g)	2	1%	USDA
Dietary Fiber (g)	1	4%	USDA
Sugars (g)	2		USDA
Protein (g)	1		USDA
Vitamin A (%)		6%	USDA
Vitamin C (%)		6%	PMA ^b
Calcium (%)		2%	USDA
Iron (%)		2%	USDA

^a Data submitted from USDA NNDB and evaluated by FDA.

^b Data submitted by the Produce Marketing Association (PMA) and evaluated by FDA..

12. Leaf lettuce, raw, 1 ½ cups shredded (85 g/3.0 oz)

	Amount	%DV	Notes
Calories	15		$(1.142)(2.44) + (2.349)(3.57) + (0.213)(8.37) = 12.96$, rounded to 15
Calories from Fat	0		$(0.213)(8.37) = 1.78$, rounded to zero
Total Fat (g)	0	0%	USDA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	35	1%	USDA
Potassium (mg)	170	5%	USDA
Total Carbohydrate (g)	2	1%	USDA
Dietary Fiber (g)	1	4%	USDA
Sugars (g)	1		USDA
Protein (g)	1		USDA
Vitamin A (%)		130%	USDA
Vitamin C (%)		6%	PMA ^b
Calcium (%)		4%	USDA
Iron (%)		4%	USDA

^a Data submitted from USDA NNDB and evaluated by FDA.

^b Data submitted by the Produce Marketing Association (PMA) and evaluated by FDA.

13. Mushrooms, raw, 5 medium (84 g/3.0 oz)

	Amount	%DV	Notes
Calories	20		$(2.76)(2.62) + (2.85)(3.48) + (0.34)(8.37) = 19.995$, rounded to 20
Calories from Fat	0		$(0.34)(8.37) = 2.85$, rounded to zero
Total Fat (g)	0	0%	PMA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	0	0%	PMA
Potassium (mg)	300	9%	PMA
Total Carbohydrate (g)	3	1%	PMA
Dietary Fiber (g)	1	4%	USDA SR17, NDB No. 11260 ^b
Sugars (g)	0		assumed zero
Protein (g)	3		PMA
Vitamin A (%)		0%	USDA SR17, NDB No. 11260
Vitamin C (%)		2%	PMA
Calcium (%)		0%	PMA
Iron (%)		2%	PMA

^a Data submitted by the Produce Marketing Association (PMA) and evaluated by FDA.

^b Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

14. Onion, raw, 1 medium (148 g/5.3 oz)

	Amount	%DV	Notes
Calories	45		$(1.020)(2.78) + (10.623)(3.84) + (0.183)(8.37) = 45.16$, rounded to 45
Calories from Fat	0		$(0.183)(8.37) = 1.53$, rounded to zero
Total Fat (g)	0	0%	USDA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	5	0%	PMA ^b
Potassium (mg)	160	5%	USDA
Total Carbohydrate (g)	11	4%	USDA
Dietary Fiber (g)	3	12%	PMA
Sugars (g)	9		USDA HER Report No. 48 ^c
Protein (g)	1		USDA
Vitamin A (%)		0%	PMA
Vitamin C (%)		20%	PMA
Calcium (%)		2%	USDA
Iron (%)		4%	USDA

^a Data submitted from USDA NNDB and evaluated by FDA.

^b Data submitted by the Produce Marketing Association (PMA) and evaluated by FDA.

^c Data from Home Economics Research Report No. 48, Sugar Content of Selected Foods: Individual and Total.

15. Potato, raw, 1 medium (148 g/5.3 oz)

	Amount	%DV	Notes
Calories	110		$(2.997)(2.78) + (25.575)(4.03) + (0.145)(8.37) = 112.61$, rounded to 110
Calories from Fat	0		$(0.145)(8.37) = 1.21$, rounded to zero
Total Fat (g)	0	0%	USDA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	0	0%	USDA
Potassium (mg)	620	18%	USDA
Total Carbohydrate (g)	26	9%	USDA
Dietary Fiber (g)	2	8%	USDA
Sugars (g)	1		USDA
Protein (g)	3		USDA
Vitamin A (%)		0%	USDA
Vitamin C (%)		45%	PMA ^b
Calcium (%)		2%	USDA
Iron (%)		6%	USDA

^a Data submitted from USDA NNDB and evaluated by FDA.

^b Data submitted by the Produce Marketing Association (PMA) and evaluated by FDA.

16. Radishes, raw, 7 radishes (85 g/3.0 oz)

	Amount	%DV	Notes
Calories	10		$(3.57)(2.78) + (2.702)(3.84) + (0.127)(8.37) = 12.43$, rounded to 10
Calories from Fat	0		$(0.127)(8.37) = 1.06$, rounded to zero
Total Fat (g)	0	0%	USDA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	55	2%	USDA
Potassium (mg)	160	5%	USDA
Total Carbohydrate (g)	3	1%	USDA
Dietary Fiber (g)	1	4%	USDA
Sugars (g)	2		USDA
Protein (g)	0		USDA
Vitamin A (%)		0%	USDA
Vitamin C (%)		30%	PMA ^b
Calcium (%)		2%	USDA
Iron (%)		2%	USDA

^a Data submitted from USDA NNDB and evaluated by FDA.

^b Data submitted by the Produce Marketing Association (PMA) and evaluated by FDA.

17. Summer squash, raw, ½ medium (98 g/3.5 oz)

	Amount	%DV	Notes
Calories	20		$(1.30)(2.44) + (4.34)(3.57) + (0.23)(8.37) = 20.59$, rounded to 20
Calories from Fat	0		$(0.23)(8.37) = 1.93$, rounded to zero
Total Fat (g)	0	0%	PMA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	0	0%	PMA
Potassium (mg)	260	7%	PMA
Total Carbohydrate (g)	4	1%	PMA
Dietary Fiber (g)	2	8%	PMA
Sugars (g)	2		USDA HER Report No. 48 ^b
Protein (g)	1		PMA
Vitamin A (%)		6%	PMA
Vitamin C (%)		30%	PMA
Calcium (%)		2%	PMA
Iron (%)		2%	PMA

^a Data submitted by the Produce Marketing Association (PMA) and evaluated by FDA.

^b Data from Home Economics Research Report No. 48, Sugar Content of Selected Foods: Individual and Total.

18. Sweet corn, raw, kernels from 1 medium ear (90 g/3.2 oz)

	Amount	%DV	Notes
Calories	90		$(4.06)(2.44) + (17.886)(3.57) + (2.457)(8.37) = 94.33$, rounded to 90
Calories from Fat	20		$(2.457)(8.37) = 20.57$, rounded to 20
Total Fat (g)	2.5	4%	USDA ^a
Saturated Fat (g)	0	0%	USDA SR17, NDB No. 11167 ^b
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	USDA SR17, NDB No. 11167
Sodium (mg)	0	0%	USDA
Potassium (mg)	250	7%	USDA
Total Carbohydrate (g)	18	6%	USDA
Dietary Fiber (g)	2	8%	USDA SR17, NDB No. 11167
Sugars (g)	5		USDA HER Report No. 48 ^c
Protein (g)	4		USDA NNDB (nitrogen mean x 6.25) $(0.650)(6.25) = 4.06$, rounded to 4
Vitamin A (%)		2%	USDA
Vitamin C (%)		10%	USDA SR17, NDB No. 11167
Calcium (%)		0%	USDA
Iron (%)		2%	USDA

^a Data submitted from USDA NNDB and evaluated by FDA.

^b Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

^c Data from Home Economics Research Report No. 48, Sugar Content of Selected Foods: Individual and Total.

19. Sweet potato, raw, 1 medium, 5" long, 2" diameter (130 g/4.6 oz)

	Amount	%DV	Notes
Calories	100		$(2.041)(2.78) + (22.7747)(4.03) + (0.207)(8.37) = 99.186$, rounded to 100
Calories from Fat	0		$(0.207)(8.37) = 1.73$, rounded to zero
Total Fat (g)	0	0%	USDA ^a
Saturated Fat (g)	0	0%	assumed zero
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	70	3%	USDA
Potassium (mg)	440	13%	USDA
Total Carbohydrate (g)	23	8%	USDA
Dietary Fiber (g)	4	16%	USDA SR17, NDB No. 11507 ^b
Sugars (g)	7		USDA HER Report No. 48 ^c
Protein (g)	2		USDA
Vitamin A (%)		120%	USDA
Vitamin C (%)		30%	USDA
Calcium (%)		4%	USDA
Iron (%)		4%	USDA

^a Data submitted from USDA NNDB and evaluated by FDA.

^b Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

^c Data from Home Economics Research Report No. 48, Sugar Content of Selected Foods: Individual and Total.

20. Tomato, raw, 1 medium (148 g/5.3 oz)

	Amount	%DV	Notes
Calories	25		$(0.981)(2.44) + (5.467)(3.57) + (0.362)(8.37) = 24.94$, rounded to 25
Calories from Fat	0		$(0.362)(8.37) = 3.03$, rounded to 0
Total Fat (g)	0	0%	USDA ^a
Saturated Fat (g)	0	0%	USDA SR17, NDB No. 11529 ^b
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	0	0%	assumed zero
Sodium (mg)	35	1%	USDA
Potassium (mg)	340	10%	USDA
Total Carbohydrate (g)	5	2%	USDA
Dietary Fiber (g)	1	4%	USDA
Sugars (g)	3		USDA
Protein (g)	1		USDA
Vitamin A (%)		20%	USDA
Vitamin C (%)		40%	PMA ^c
Calcium (%)		2%	USDA
Iron (%)		4%	USDA

^a Data submitted from USDA NNDB and evaluated by FDA.

^b Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

^c Data submitted by the Product Marketing Association (PMA) and evaluated by FDA.

20 Most Frequently Consumed Fish

1. Blue crab, cooked (84g/3.0 oz)

	Amount	%DV	Notes
Calories	100		$(20.23)(4.27) + (0.209)(4.11) + (1.211)(9.02) = 98.16$, rounded to 100
Calories from Fat	10		$(1.211)(9.02) = 10.92$, rounded to 10
Total Fat (g)	1	2%	USDA ^a
Saturated Fat (g)	0	0%	USDA
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	95	32%	USDA
Sodium (mg)	330	14%	USDA
Potassium (mg)	300	9%	USDA
Total Carbohydrate (g)	0	0%	calculated ^b
Dietary Fiber (g)	0	0%	assumed zero
Sugars (g)	0		assumed zero
Protein (g)	20		USDA (nitrogen mean x 6.25) $(3.236)(6.25) = 20.23$, rounded to 20
Vitamin A (%)		0%	USDA SR17, NDB No. 15140 ^c
Vitamin C (%)		4%	USDA SR17, NDB No. 15140
Calcium (%)		10%	USDA
Iron (%)		4%	USDA

NOTE: Nutrition labeling values are based on 4 oz (112g) of raw, blue crab except for nutrients Vitamin A and C, which are based on 3 oz (84g) of cooked, blue crab. In order to approximate what percentage of the original weight of raw fish will remain after it is cooked (moist heat), we used a weight retention factor of 75%.

^a Data from USDA NNDB.

^b Total Carbohydrate = weight - unrounded protein - unrounded total fat - moisture - ash.

^c Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

2. Catfish, cooked (84 g/3.0 oz)

	Amount	%DV	Notes
Calories	130		$(17.47)(4.27) + (6.134)(9.02) = 129.93$, rounded to 130
Calories from Fat	60		$(6.134)(9.02) = 55.33$, rounded to 60
Total Fat (g)	6	9%	NFI ^a
Saturated Fat (g)	2	10%	Nettleton et al., 1990 ^b
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	50	17%	Nettleton et al., 1990
Sodium (mg)	40	2%	Nettleton et al., 1990
Potassium (mg)	230	7%	Nettleton et al., 1990
Total Carbohydrate (g)	0	0%	Nettleton et al., 1990
Dietary Fiber (g)	0	0%	assumed zero
Sugars (g)	0		assumed zero
Protein (g)	17		Nettleton et al., 1990
Vitamin A (%)		0%	Nettleton et al., 1990
Vitamin C (%)		0%	Nettleton et al., 1990
Calcium (%)		0%	Nettleton et al., 1990
Iron (%)		0%	Nettleton et al., 1990

NOTE: Nutrition labeling values are based on 4 oz (112g) of raw farmed catfish. In order to approximate what percentage of the original weight of raw fish will remain after it is cooked (dry heat), we used a weight retention factor of 75%.

^a Data submitted by the National Fisheries Institute (NFI) and evaluated by FDA.

^b Nettleton, J. A., W. H. Allen, L. V. Klatt, W. M. N. Ratnayake, and R. G. Ackman, "Nutrients and Chemical Residues in One- to Two-Pound Mississippi Farm-raised Channel Catfish (*Ictalurus punctatus*)," *Journal of Food Science*, 55(4):954-958, 1990.

3. Clams, cooked (84g/3.0 oz/ about 12 small)

	Amount	%DV	Notes
Calories	110		$(17.18)(4.27) + (5.663)(4.11) + (1.635)(9.02) = 111.38$, rounded to 110
Calories from Fat	15		$(1.635)(9.02) = 14.75$, rounded to 15
Total Fat (g)	1.5	2%	USDA ^a
Saturated Fat (g)	0	0%	USDA
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	80	27%	USDA mean value (n = 3)
Sodium (mg)	95	4%	USDA (n = 1)
Potassium (mg)	470	13%	USDA (n = 1)
Total Carbohydrate (g)	6	2%	calculated ^b
Dietary Fiber (g)	0	0%	assumed zero
Sugars (g)	0		assumed zero
Protein (g)	17		USDA (nitrogen mean x 6.25) $(2.748)(6.25) = 17.18$, rounded to 17
Vitamin A (%)		10%	USDA SR17, NDB No. 15159 ^c
Vitamin C (%)		0%	assumed negligible
Calcium (%)		8%	USDA
Iron (%)		30%	USDA

NOTE: Nutrition labeling values are based on 6 oz (168g) of raw clams, except for nutrients Vitamin A and C, which are based on 3 oz (84g) of cooked clams (moist heat). In order to approximate what percentage of the original weight of raw fish will remain after it is cooked, we used a weight retention factor of 50%.

^a Data from USDA NNDB.

^b Total Carbohydrate = weight - unrounded protein - unrounded total fat - moisture - ash.

^c Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

4. Cod, cooked (84 g/3.0 oz)

	Amount	%DV	Notes
Calories	90		$(19.98)(4.27) + (0.753)(9.02) = 92.10$, rounded to 90
Calories from Fat	5		$(0.753)(9.02) = 6.79$, rounded to 5
Total Fat (g)	1	2%	USDA ^a
Saturated Fat (g)	0	0%	USDA w/ FDA compliance calculations
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	50	17%	USDA
Sodium (mg)	65	3%	USDA
Potassium (mg)	460	13%	USDA
Total Carbohydrate (g)	0	0%	assumed zero
Dietary Fiber (g)	0	0%	assumed zero
Sugars (g)	0		assumed zero
Protein (g)	20		USDA (nitrogen mean x 6.25) $(3.197)(6.25) = 19.98$, rounded to 20
Vitamin A (%)		0%	USDA SR17, NDB No. 15016 ^b
Vitamin C (%)		2%	USDA SR17, NDB No. 15016
Calcium (%)		2%	USDA
Iron (%)		2%	USDA

NOTE: Nutrition labeling values are based on 4 oz (112g) of raw Atlantic cod, except for nutrients Vitamin A and C, which are based on 3 oz (84g) of cooked cod (dry heat). In order to approximate what percentage of the original weight of raw fish will remain after it is cooked (dry heat), we used a weight retention factor of 75%.

^a Data from USDA NNDB.

^b Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

5. Flounder/Sole, cooked (84 g/3.0 oz)

	Amount	%DV	Notes
Calories	100		$(19.12)(4.27) + (1.612)(9.02) = 96.18$, rounded to 100
Calories from Fat	15		$(1.612)(9.02) = 14.54$, rounded to 15
Total Fat (g)	1.5	2%	USDA ^a
Saturated Fat (g)	0	0%	USDA SR17, NDB No. 15029 ^b
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	55	18%	USDA
Sodium (mg)	100	4%	USDA
Potassium (mg)	390	11%	USDA
Total Carbohydrate (g)	0	0%	assumed zero
Dietary Fiber (g)	0	0%	assumed zero
Sugars (g)	0		assumed zero
Protein (g)	19		USDA (nitrogen mean x 6.25) $(3.059)(6.25) = 19.12$, rounded to 19
Vitamin A (%)		0%	USDA SR17, NDB No. 15029
Vitamin C (%)		0%	USDA SR17, NDB No. 15029
Calcium (%)		2%	USDA
Iron (%)		0%	USDA

NOTE: Nutritional values are based on 4 oz (112g) of raw flatfish (flounder and sole species), except for nutrients Vitamin A and C which are based on 3 oz (84g) of cooked flatfish (flounder and sole species) (dry heat). In order to approximate what percentage of the original weight of raw fish will remain after it is cooked, we used a weight retention factor of 75%.

^a Data from USDA NNDB.

^b Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

6. Haddock, cooked (84 g/3.0 oz)

	Amount	%DV	Notes
Calories	100		$(21.08)(4.27) + (0.848)(9.02) = 97.66$, rounded to 100
Calories from Fat	10		$(0.848)(9.02) = 7.65$, rounded to 10
Total Fat (g)	1	2%	USDA ^a
Saturated Fat (g)	0	0%	USDA
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	70	23%	USDA mean value (n = 2)
Sodium (mg)	85	4%	USDA
Potassium (mg)	340	10%	USDA
Total Carbohydrate (g)	0	0%	assumed zero
Dietary Fiber (g)	0	0%	assumed zero
Sugars (g)	0		assumed zero
Protein (g)	21		USDA (nitrogen mean x 6.25) $(3.372)(6.25) = 21.08$, rounded to 21
Vitamin A (%)		2%	USDA SR17, NDB No. 15034 ^b
Vitamin C (%)		0%	USDA SR17, NDB No. 15034
Calcium (%)		2%	USDA
Iron (%)		6%	USDA mean value (n = 2)

NOTE: Nutrition labeling values are based on 4 oz (112g) of raw haddock, except for nutrients Vitamin A and C, which are based on 3 oz (84g) of cooked haddock (dry heat). In order to approximate what percentage of the original weight of raw fish will remain after it is cooked, we used a weight retention factor of 75%.

^a Data from USDA NNDB.

^b Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

7. Halibut, cooked (84 g/3.0 oz)

	Amount	%DV	Notes
Calories	120		$(23.16)(4.27) + (1.88)(9.02) = 115.85$, rounded to 120
Calories from Fat	15		$(1.88)(9.02) = 16.96$, rounded to 15
Total Fat (g)	2	3%	USDA ^a
Saturated Fat (g)	0	0%	USDA
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	40	13%	USDA mean value (n = 2)
Sodium (mg)	60	3%	USDA
Potassium (mg)	500	14%	USDA
Total Carbohydrate (g)	0	0%	assumed zero
Dietary Fiber (g)	0	0%	assumed zero
Sugars (g)	0		assumed zero
Protein (g)	23		USDA (nitrogen mean x 6.25) $(3.705)(6.25) = 23.16$, rounded to 23
Vitamin A (%)		4%	USDA SR17, NDB No. 15037 ^b
Vitamin C (%)		0%	USDA SR17, NDB No. 15037
Calcium (%)		2%	USDA
Iron (%)		6%	USDA SR17, NDB No. 15037

NOTE: Nutrition labeling values are based on 4 oz (112g) of raw halibut, except for nutrients Vitamin A and C, which are based on 3 oz (84g) of cooked halibut (dry heat). In order to approximate what percentage of the original weight of raw fish will remain after it is cooked, we used a weight retention factor of 75%.

^a Data from USDA NNDB.

^b Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

8. Lobster, cooked (84 g/3.0 oz)

	Amount	%DV	Notes
Calories	80		$(17.22)(4.27) + (1.075)(4.11) + (0.496)(9.02) = 82.42$, rounded to 80
Calories from Fat	0		$(0.496)(9.02) = 4.47$, rounded to zero
Total Fat (g)	0.5	1%	USDA SR17, NDB No. 15148 ^a
Saturated Fat (g)	0	0%	USDA SR17, NDB No. 15148
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	60	20%	USDA SR17, NDB No. 15148
Sodium (mg)	320	13%	USDA SR17, NDB No. 15148
Potassium (mg)	300	9%	USDA SR17, NDB No. 15148
Total Carbohydrate (g)	1	0%	USDA SR17, NDB No. 15148
Dietary Fiber (g)	0	0%	assumed zero
Sugars (g)	0		assumed zero
Protein (g)	17		USDA SR17, NDB No. 15148
Vitamin A (%)		2%	USDA SR17, NDB No. 15148
Vitamin C (%)		0%	USDA SR17, NDB No. 15148
Calcium (%)		6%	USDA SR17, NDB No. 15148
Iron (%)		2%	USDA SR17, NDB No. 15148

NOTE: Nutrition labeling values are based on 3 oz (84g) of cooked, moist heat, Northern lobster, edible portion.

^a Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

9. Ocean Perch, cooked (84 g/3.0 oz)

	Amount	%DV	Notes
Calories	110		$(20.86)(4.27) + (2.206)(9.02) = 108.97$, rounded to 110
Calories from Fat	20		$(2.206)(9.02) = 19.9$, rounded to 20
Total Fat (g)	2	3%	USDA ^a
Saturated Fat (g)	0.5	3%	USDA
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	45	15%	USDA
Sodium (mg)	95	4%	USDA
Potassium (mg)	290	8%	USDA
Total Carbohydrate (g)	0	0%	assumed zero
Dietary Fiber (g)	0	0%	assumed zero
Sugars (g)	0		assumed zero
Protein (g)	21		USDA (nitrogen mean x 6.25) $(3.337)(6.25) = 20.86$, rounded to 21
Vitamin A (%)		0%	USDA SR17, NDB No. 15058 ^b
Vitamin C (%)		2%	USDA SR17, NDB No. 15058
Calcium (%)		10%	USDA
Iron (%)		4%	USDA

NOTE: Nutrition labeling values are based on 4 oz (112g) of raw ocean perch, except for nutrients Vitamin A and C, which are based on 3 oz (84g) cooked ocean perch (dry heat). In order to approximate what percentage of the original weight of raw fish will remain after it is cooked, we used a weight retention factor of 75%.

^a Data from USDA NNDB.

^b Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

10. Orange Roughy, cooked (84 g/3.0 oz)

	Amount	%DV	Notes
Calories	80		$(16.464)(4.27) + (0.784)(9.02) = 77.37$, rounded to 80
Calories from Fat	5		$(0.784)(9.02) = 7.07$, rounded to 5
Total Fat (g)	1	2%	USDA ^a (n = 1)
Saturated Fat (g)	0	0%	USDA SR17, NDB No. 15232 ^b
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	20	7%	USDA SR17, NDB No. 15232
Sodium (mg)	70	3%	USDA (n = 1)
Potassium (mg)	340	10%	USDA (n = 1)
Total Carbohydrate (g)	0	0%	assumed zero
Dietary Fiber (g)	0	0%	assumed zero
Sugars (g)	0		assumed zero
Protein (g)	16		USDA (nitrogen mean x 6.25) $(2.634)(6.25) = 16.46$, rounded to 16
Vitamin A (%)		2%	USDA SR17, NDB No. 15232
Vitamin C (%)		0%	USDA SR17, NDB No. 15232
Calcium (%)		4%	USDA (n = 1)
Iron (%)		2%	USDA (n = 1)

NOTE: Nutrition labeling values are based on 4 oz (112g) of raw orange roughy, except for nutrients Vitamin A and C, which are based on 3 oz (84g) cooked orange roughy (dry heat). In order to approximate what percentage of the original weight of raw fish will remain after it is cooked, we used a weight retention factor of 75%.

^a Data from USDA NNDB.

^b Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

11. Oysters, cooked (84 g/3.0 oz/ about 12 medium)

	Amount	%DV	Notes
Calories	100		$(9.76)(4.27) + (6.215)(4.11) + (3.849)(9.02) = 101.94$, rounded to 100
Calories from Fat	35		$(3.849)(9.02) = 34.72$, rounded to 35
Total Fat (g)	4	6%	USDA ^a
Saturated Fat (g)	1	5%	USDA
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	80	27%	USDA
Sodium (mg)	300	13%	USDA mean value (n = 3)
Potassium (mg)	220	6%	USDA mean value (n = 3)
Total Carbohydrate (g)	6	2%	calculated ^b
Dietary Fiber (g)	0	0%	assumed zero
Sugars (g)	0		assumed zero
Protein (g)	10		USDA (nitrogen mean x 6.25) $(1.562)(6.25) = 9.76$, rounded to 10
Vitamin A (%)		0%	USDA SR17, NDB No. 15244 ^c
Vitamin C (%)		6%	USDA SR17, NDB No. 15244
Calcium (%)		6%	USDA
Iron (%)		45%	USDA

NOTE: Nutrition labeling values are based on 5 oz (140g) of raw oysters, except for nutrients Vitamin A and C, which are based on 3 oz (84g) cooked oysters (dry heat). In order to approximate what percentage of the original weight of raw fish will remain after it is cooked, we used a weight retention factor of 60%.

^a Data from USDA NNDB.

^b Total Carbohydrate = weight - unrounded protein - unrounded total fat - moisture - ash.

^c Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

12. Pollock, cooked (84 g/3.0 oz)

	Amount	%DV	Notes
Calories	90		$(20.43)(4.27) + (0.839)(9.02) = 94.81$, rounded to 90
Calories from Fat	10		$(0.839)(9.02) = 7.57$, rounded to 10
Total Fat (g)	1	2%	USDA ^a
Saturated Fat (g)	0	0%	USDA SR17, NDB No. 15067 ^b
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	80	27%	USDA
Sodium (mg)	110	5%	USDA
Potassium (mg)	370	11%	USDA
Total Carbohydrate (g)	0	0%	assumed zero
Dietary Fiber (g)	0	0%	assumed zero
Sugars (g)	0		assumed zero
Protein (g)	20		USDA (nitrogen mean x 6.25) $(3.268)(6.25) = 20.43$, rounded to 20
Vitamin A (%)		2%	USDA SR17, NDB No. 15067
Vitamin C (%)		0%	USDA SR17, NDB No. 15067
Calcium (%)		0%	USDA SR17, NDB No. 15067
Iron (%)		2%	USDA

NOTE: Nutrition labeling values are based on 4 oz (112g) of raw walleye pollack, except for nutrients Vitamin A and C, which are based on 3 oz (84g) cooked walleye pollack (dry heat). In order to approximate what percentage of the original weight of raw fish will remain after it is cooked, we used a weight retention factor of 75%.

^a Data from USDA NNDB.

^b Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

13. Rainbow Trout, cooked (84 g/3.0 oz)

	Amount	%DV	Notes
Calories	140		$(20.39)(4.27) + (6.048)(9.02) = 141.62$, rounded to 140
Calories from Fat	50		$(6.048)(9.02) = 54.55$, rounded to 50
Total Fat (g)	6	9%	USDA ^a mean value (n = 3)
Saturated Fat (g)	2	10%	USDA SR17, NDB No. 15241 ^b
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	55	18%	USDA mean value (n = 3)
Sodium (mg)	35	1%	USDA mean value (n = 3)
Potassium (mg)	370	11%	USDA mean value (n = 3)
Total Carbohydrate (g)	0	0%	assumed zero
Dietary Fiber (g)	0	0%	assumed zero
Sugars (g)	0		assumed zero
Protein (g)	20		USDA (nitrogen mean x 6.25) $(3.262)(6.25) = 20.39$, rounded to 20
Vitamin A (%)		4%	USDA SR17, NDB No. 15241
Vitamin C (%)		4%	USDA SR17, NDB No. 15241
Calcium (%)		8%	USDA SR17, NDB No. 15241
Iron (%)		2%	USDA mean value (n = 3)

NOTE: Nutrition labeling values are based on 3 oz (84g) of cooked rainbow trout.

^a Data from USDA NNDB.

^b Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

14. Rockfish, cooked (84 g/3.0 oz)

	Amount	%DV	Notes
Calories	110		$(20.94)(4.27) + (1.829)(9.02) = 105.91$, rounded to 110
Calories from Fat	15		$(1.829)(9.02) = 16.5$, rounded to 15
Total Fat (g)	2	3%	USDA ^a
Saturated Fat (g)	0	0%	USDA
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	40	13%	USDA mean value (n = 2)
Sodium (mg)	70	3%	USDA
Potassium (mg)	440	13%	USDA
Total Carbohydrate (g)	0	0%	assumed zero
Dietary Fiber (g)	0	0%	assumed zero
Sugars (g)	0		assumed zero
Protein (g)	21		USDA (nitrogen mean x 6.25) $(3.35)(6.25) = 20.94$, rounded to 21
Vitamin A (%)		4%	USDA SR17, NDB No. 15071 ^b
Vitamin C (%)		0%	USDA SR17, NDB No. 15071
Calcium (%)		2%	USDA (n = 1)
Iron (%)		2%	USDA mean value (n = 2)

NOTE: Nutrition labeling values are based on 4 oz (112g) of raw rockfish, except for nutrients Vitamin A and C, which are based on 3 oz (84g) cooked rockfish (dry heat). In order to approximate what percentage of the original weight of raw fish will remain after it is cooked, we used a weight retention factor of 75%.

^a Data from USDA NNDB.

^b Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

15. a. Salmon, Atlantic/Coho/Sockeye/Chinook, cooked (84 g /3.0 oz)

	Amount	%DV	Notes
Calories	200		$(23.795)(4.27) + (10.38)(9.02) = 195.$
23, rounded to 200			
Atlantic	170		calculated
Coho	200		calculated
Sockeye	190		calculated
Chinook	200		calculated
Calories from Fat	90		$(10.38)(9.02) = 93.63$, rounded to 90
Atlantic	90		calculated
Coho	80		calculated
Sockeye	90		calculated
Chinook	100		calculated
Total Fat (g)	10	15%	USDA ^a
Atlantic	10		USDA mean value (n = 2)
Coho	9		USDA mean value (n = 3)
Sockeye	10		USDA
Chinook	12		USDA
Saturated Fat (g)	2	10%	mean
Atlantic	2		USDA SR17, NDB No. 15237 ^b
Coho	1.5		USDA SR17, NDB No. 15239
Sockeye	2		USDA
Chinook	2.5		USDA SR17, NDB No. 15210
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	70	23%	mean
Atlantic	55		USDA SR17, NDB No. 15237
Coho	70		USDA mean value (n = 3)
Sockeye	75		USDA SR17, NDB No. 15086
Chinook	75		USDA (n = 1)
Sodium (mg)	55	2%	weighted value
Atlantic	50		USDA mean value (n = 2)
Coho	60		USDA mean value (n = 3)
Sockeye	150		USDA
Chinook	55		USDA

15. a. Salmon, Atlantic/Coho/Sockeye/Chinook, cooked (84 g /3.0 oz) (continued)

Potassium (mg)	430	12%	weighted value
Atlantic	320		USDA mean value (n = 2)
Coho	500		USDA mean value (n = 2)
Sockeye	440		USDA
Chinook	440		USDA
Total Carbohydrate (g)	0	0%	assumed zero
Dietary Fiber (g)	0	0%	assumed zero
Sugars (g)	0		assumed zero
Protein (g)	24		weighted value
Atlantic	19		USDA (nitrogen mean x 6.25) (2.97)(6.25) = 18.56, rounded to 19
Coho	27		USDA (nitrogen mean x 6.25) (4.327)(6.25) = 27.04, rounded to 27
Sockeye	24		USDA
Chinook	22		USDA
Vitamin A (%)		4%	mean
Atlantic		0	USDA SR17, NDB No. 15237
Coho		4	USDA SR17, NDB No. 15239
Sockeye		4	USDA SR17, NDB No. 15086
Chinook		8	USDA SR17, NDB No. 15210
Vitamin C (%)		4%	mean
Atlantic		6	USDA SR17, NDB No. 15237
Coho		2	USDA SR17, NDB No. 15239
Sockeye		0	USDA SR17, NDB No. 15086
Chinook		6	USDA SR17, NDB No. 15210
Calcium (%)		2%	mean
Atlantic		2	USDA SR17, NDB No. 15237
Coho		2	USDA mean value (n = 2)
Sockeye		0	USDA (n = 1)
Chinook		2	USDA mean value (n = 2)
Iron (%)		2%	weighted value
Atlantic		2	USDA mean value (n = 2)
Coho		2	USDA mean value (n = 3)
Sockeye		4	USDA mean value (n = 2)
Chinook		4	USDA (n = 1)

15. a. Salmon, Atlantic/Coho/Sockeye/Chinook, cooked (84 g /3.0 oz) (continued)

NOTE: Nutrition labeling values are based on 3 oz (84g) of cooked, farmed Atlantic salmon; 4 oz (112g) of raw, farmed Coho salmon; and 4 oz (112g) raw, farmed Sockeye salmon; except for nutrients Vitamin A and C, which are based on 3 oz (84g) of cooked (dry heat), farmed Atlantic salmon; cooked (dry heat), farmed Coho salmon; and cooked, (dry heat), farmed Sockeye salmon. In order to approximate what percentage of the original weight of raw fish will remain after it is cooked, we used a weight retention factor of 75%.

^a Data from USDA NNDB.

^b Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

15. b. Salmon, Chum/Pink cooked (84 g /3.0 oz)

	Amount	%DV	Notes
Calories	130		$(22.34)(4.27) + (4.211)(9.02) = 133.37$ rounded to 130
Chum	140		calculated
Pink	130		calculated
Calories from Fat	40		$(4.211)(9.02) = 37.98$, rounded to 40
Chum	50		calculated
Pink	35		calculated
Total Fat (g)	4	6%	weighted value w/ FDA compliance calculations
Chum	5		USDA ^a
Pink	4		USDA
Saturated Fat (g)	1	5%	weighted value w/ FDA compliance calculations
Chum	1		USDA
Pink	1		USDA
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	70	23%	mean
Chum	80		USDA mean value (n = 2)
Pink	55		USDA SR17, NDB No. 15212 ^b
Sodium (mg)	65	3%	weighted value w/ FDA compliance calculations
Chum	55		USDA
Pink	75		USDA
Potassium (mg)	420	12%	weighted value w/ FDA compliance calculations
Chum	480		USDA
Pink	370		USDA
Total Carbohydrate (g)	0	0%	assumed zero
Dietary Fiber (g)	0	0%	assumed zero
Sugars (g)	0		assumed zero
Protein (g)	22		weighted value
Chum	23		USDA (nitrogen mean x 6.25) $(3.609)(6.25) = 22.56$, rounded to 23
Pink	22		USDA (nitrogen mean x 6.25) $(3.575)(6.25) = 22.34$, rounded to 22

15. b. Salmon, Chum/Pink cooked (84 g /3.0 oz) (continued)

	Amount	%DV	Notes
Vitamin A (%)		2%	mean
Chum		2	USDA SR17, NDB No. 15211
Pink		2	USDA SR17, NDB No. 15212
Vitamin C (%)		0%	mean
Chum		0	USDA SR17, NDB No. 15211
Pink		0	USDA SR17, NDB No. 15212
Calcium (%)		2%	mean
Chum		2	USDA (n = 1)
Pink		2	USDA SR17, NDB No. 15212
Iron (%)		4%	mean
Chum		4	USDA SR17, NDB No. 15211
Pink		4	USDA SR17, NDB No. 15212

NOTE: Nutrition labeling values are based on 4 oz (112g) of raw, Chum and 4 oz (112g) raw, Pink salmon, except for nutrients Vitamin A and C, which are based on 3 oz (84g) of cooked (dry heat) Chum and Pink salmon. In order to approximate what percentage of the original weight of raw fish will remain after it is cooked, we used a weight retention factor of 75%.

^a Data from USDA NNDB.

^b Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

16. Scallops, cooked (84 g/3.0 oz/ about 6 large or 14 small)

	Amount	%DV	Notes
Calories	140		$(26.73)(4.27) + (4.591)(4.11) + (1.161)(9.02) = 143.48$, rounded to 140
Calories from Fat	10		$(1.161)(9.02) = 10.47$, rounded to 10
Total Fat (g)	1	2%	USDA ^a
Saturated Fat (g)	0	0%	USDA
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	65	22%	USDA
Sodium (mg)	310	13%	USDA
Potassium (mg)	430	12%	USDA mean value
Total Carbohydrate (g)	5	2%	calculated ^b
Dietary Fiber (g)	0	0%	assumed zero
Sugars (g)	0		assumed zero
Protein (g)	27		USDA (nitrogen mean x 6.25) $(4.277)(6.25) = 26.73$, rounded to 27
Vitamin A (%)		2%	USDA SR17, NDB No. 90240 ^c
Vitamin C (%)		0%	USDA SR17, NDB No. 90240
Calcium (%)		4%	USDA
Iron (%)		14%	USDA SR17, NDB No. 90240

NOTE: Nutrition labeling values are based on 6oz (168g) of raw scallops. In order to approximate what percentage of the original weight of raw fish will remain after it is cooked (moist heat), we used a weight retention factor of 50%.

^a Data from USDA NNDB.

^b Total Carbohydrate = weight - unrounded protein - unrounded total fat - moisture - ash.

^c Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

17. Shrimp, cooked (84 g/3.0 oz)

	Amount	%DV	Notes
Calories	100		$(21.08)(4.27) + (0)(4.11) + (1.359)(9.02) = 102.27$, rounded to 100
Calories from Fat	10		$(1.359)(9.02) = 12.26$, rounded to 10
Total Fat (g)	1.5	2%	USDA ^a
Saturated Fat (g)	0	0%	USDA
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	170	57%	USDA
Sodium (mg)	240	10%	USDA
Potassium (mg)	220	6%	USDA
Total Carbohydrate (g)	0	0%	calculated ^b
Dietary Fiber (g)	0	0%	assumed zero
Sugars (g)	0		assumed zero
Protein (g)	21		USDA (nitrogen mean x 6.25) $(3.373)(6.25) = 21.08$, rounded to 21
Vitamin A (%)		4%	USDA SR17, NDB No. 15151 ^c
Vitamin C (%)		4%	USDA SR17, NDB No. 15151
Calcium (%)		6%	USDA
Iron (%)		10%	USDA

NOTE: Nutrition labeling values are based on 4 oz (112g) of raw shrimp, except for nutrients Vitamin A and C, which are based on 3 oz (84g) of cooked (moist heat) shrimp. In order to approximate what percentage of the original weight of raw fish will remain after it is cooked, we used a weight retention factor of 75%.

^a Data from USDA NNDB.

^b Total Carbohydrate = weight - unrounded protein - unrounded total fat - moisture - ash.

^c Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

18. Swordfish, cooked (84 g/3.0 oz)

	Amount	%DV	Notes
Calories	120		$(16.42)(4.27) + (5.607)(9.02) = 120.69$, rounded to 120
Calories from Fat	50		$(5.607)(9.02) = 50.58$, rounded to 50
Total Fat (g)	6	9%	USDA ^a
Saturated Fat (g)	1.5	8%	USDA
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	40	13%	USDA (n = 1)
Sodium (mg)	100	4%	USDA SR17, NDB No. 15111 ^b
Potassium (mg)	310	9%	USDA SR17, NDB No. 15111
Total Carbohydrate (g)	0	0%	assumed zero
Dietary Fiber (g)	0	0%	assumed zero
Sugars (g)	0		assumed zero
Protein (g)	16		USDA (nitrogen mean x 6.25) $(2.627)(6.25) = 16.42$, rounded to 16
Vitamin A (%)		2%	USDA SR17, NDB No. 15111
Vitamin C (%)		2%	USDA SR17, NDB No. 15111
Calcium (%)		0%	USDA SR17, NDB No. 15111
Iron (%)		6%	USDA SR17, NDB No. 15111

NOTE: Nutrition labeling values are based on 4 oz (112g) of raw swordfish, except for nutrients Vitamin A and C, which are based on 3 oz (84g) cooked (dry heat) swordfish. In order to approximate what percentage of the original weight of raw fish will remain after it is cooked, we used a weight retention factor of 75%.

^a Data from USDA NNDB.

^b Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).

19. Tilapia cooked (84 g/3.0 oz)

	Amount	%DV	Notes
Calories	110		$(21.642)(4.27) + (2.281)(9.02) = 112.98$, rounded to 110
Calories from Fat	20		$(2.281)(9.02) = 20.57$, rounded to 20
Total Fat (g)	2.5	4%	ATA ^a
Saturated Fat (g)	1	5%	ATA
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	75	25%	ATA
Sodium (mg)	30	1%	ATA
Potassium (mg)	360	10%	Clement and Lovell, 1994 ^b
Total Carbohydrate (g)	0	0%	assumed zero
Dietary Fiber (g)	0	0%	assumed zero
Sugars (g)	0		assumed zero
Protein (g)	22		ATA
Vitamin A (%)		0%	ATA
Vitamin C (%)		2%	ATA
Calcium (%)		0%	ATA
Iron (%)		2%	ATA

NOTE: Nutrition labeling values are based on 4 oz (112g) of raw tilapia. In order to approximate what percentage of the original weight of raw fish will remain after it is cooked (dry heat), we used a weight retention factor of 75%.

^a Data submitted by the American Tilapia Association (ATA) and evaluated by FDA. Mean values were used due to small sample size (n = 3).

^b Clement, S., and R. T. Lovell, "Comparison of Processing Yield and Nutrient Composition of Cultured Nile Tilapia (*Oreochromis niloticus*) and Channel Catfish (*Ictalurus punctatus*)," *Aquaculture*, 119:299-310, 1994.

20. Tuna, Yellowfin, cooked (84 g/3.0 oz)

	Amount	%DV	Notes
Calories	130		$(26.162)(4.27) + (1.692)(9.02) = 126.97$, rounded to 130
Calories from Fat	15		$(1.692)(9.02) = 15.26$, rounded to 15
Total Fat (g)	1.5	2%	USDA ^a
Saturated Fat (g)	0	0%	USDA
Trans Fat (g)	0		assumed zero
Cholesterol (mg)	50	17%	USDA mean value (n = 2)
Sodium (mg)	40	2%	USDA mean value (n = 2)
Potassium (mg)	480	14%	USDA SR17, NDB No. 15221 ^b
Total Carbohydrate (g)	0	0%	assumed zero
Dietary Fiber (g)	0	0%	assumed zero
Sugars (g)	0		assumed zero
Protein (g)	26		USDA mean value (n = 2)
Vitamin A (%)		2%	USDA SR17, NDB No. 15221
Vitamin C (%)		2%	USDA SR17, NDB No. 15221
Calcium (%)		2%	USDA (n = 1)
Iron (%)		4%	USDA

NOTE: Nutrition labeling values are based on 4 oz (112g) of raw yellowfin tuna, except for nutrients potassium, Vitamin A, and Vitamin C, which are based on 3 oz (84g) of cooked (dry heat) yellowfin tuna. In order to approximate what percentage of the original weight of raw fish will remain after it is cooked, we used a weight retention factor of 75%.

^a Data from USDA NNDB.

^b Data from USDA Nutrient Database for Standard Reference, Release 17 (SR17).