

Sensible Portions for Fish

Eating Healthily is essential for a good start in life, and to continue your life in a great way. This report will help you, the reader, be able to choose the right portions of Fish for your meal, while making sure that you are not having an excessive amount of calories or fat. I hope this will be very helpful, ENJOY

Food Item	Unit	Quantity	Fat (g)	Calories
Mackerel, fillet	g	88	15	231
Cod, fillet	g	90	1	95
Sea Bass	g	100	1	93
Sea Bream	g	149	8	206
Calamari, fried	g	100	17.5	276
Cod, baked	g	100	1	76
Haddock, smoked	g	85	1	8
Lemon Sole	g	85	2	79
Mackerel	g	100	16	221
Mullet	g	74	3.5	99
Mussels	g	100	2	87
Prawns, king	g	100	1	104
Prawns, small	g	150	1.5	114
Salmon, raw	g	100	12	181
Salmon, smoked	g	50	2.5	67
Scallops, steamed	g	160	2.5	168
Scampi	g	100	2	107
Scampi, crumbed, fried	g	100	17.5	314
Sea Trout	g	100	2	93



Food Item	Unit	Quantity	Fat (g)	Calories
Tuna, brine	g	190	5	234
Tuna, oil	g	250	28	450
Grilled Octopus	g	412	12.1	243

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