



PROTEIN EXCHANGES - FISH

Fork Friendly Selections (Cal/carb)

Serving Size

Product Pictures

Fish canned, salmon

Less than 1 g saturated fat & 200 mg sodium

Chicken of the Sea

-Skinless and Boneless Pink (60/0) ----- 1/4 c

Safe Catch

-Wild Pacific Pink Salmon, ----- 1/4 c
no salt added (85/0)



Fish canned, tuna

Less than 1 g saturated fat & 150 mg sodium

Bumble Bee

-White Albacore in Water (60/0) ----- 1/4 c

Chicken of the Sea

-White Albacore in Water (50/0) ----- 1/4 c

Safe Catch

-Wild Albacore, no salt added (70/0) ----- 1/4 c



Fish fillet, breaded

Less than 2 g saturated fat & 350 mg sodium

Gorton's

-Fish Sandwich (130/15) ----- 1 fillet

-Honey Mustard Crusted Salmon (200/21) - 1 fillet

Luby's

-Fried Fish (190/14) ----- 1 fillet

Sea Cuisine

-Tortilla Crusted Tilapia (150/17) ----- 1/2 fillet

Van de Kamp's

-Fish Sandwich Fillet (190/17) ----- 1 fillet



Fish fillet, seasoned

Less than 2 g saturated fat & 400 mg sodium

Gorton's

- Grilled Tilapia (80/2) ----- 1 fillet
- Natural Catch Grilled Cod ----- 1 fillet
- Garlic & Herb (70/1)

Sea Cuisine

- Pan Sear Garlic & Herb Tilapia (220/12) - 1 fillet



Fish sticks, frozen

Less than 3 g saturated fat & 450 mg sodium

Gorton's

- Fish Sticks (230/26) ----- 4 sticks
- Tilapia Fish Sticks (250/24) ----- 4 sticks

Ian's

- Gluten Free Fish Sticks (200/20) ----- 6 sticks

Kidfresh

- Fun-tastic Fish Sticks (200/24) ----- 6 sticks

Kroger

- Crunchy Fish Sticks (190/20) ----- 5 sticks
- Whole Grain Alaskan Pollock (220/18) - 4 sticks

Van de Kamp's

- Crunchy Fish Sticks (22/20) ----- 6 sticks



WORRIED ABOUT MERCURY IN YOUR FISH? [CLICK HERE.](#)



Salmon, breaded

Sea Cuisine

- Honey Chipotle Wild Alaska ----- 1/2 fillet
Salmon (160/12)



Salmon, seasoned

Cedar Bay Grilling Company

- Seasoned Atlantic Salmon Applewood --- 1 fillet
with Orange & Ginger (240/16)



Gorton's

- Natural Catch Grilled Salmon (90/3) ---- 1 fillet



Kroger

- Salmon Burger (120/3) ----- 1 burger



Sea Cuisine

- Citrus Herb Rubbed Salmon (230/5) ---- 1 fillet
-Teriyaki Sesame Salmon (240/10) ----- 1 fillet



Omega-3 Content



Health organizations recommend a daily intake of 250-500 mg of Omega-3 (EPA+DHA) per day. Regular Omega-3 consumption can improve overall health and protect against heart disease by lowering blood pressure and increasing good cholesterol.

Source: [Seafood Health Facts, Omega-3 Content](#)