



FISH EXCHANGE

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Fish canned/Pouch

Less than 1 g saturated fat & 200 mg sodium

Chicken of the Sea

- Skinless and Boneless Pink (70/0) ----- 1 pouch

Safe Catch

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



Fish canned, tuna

Less than 1 g saturated fat & 150 mg sodium

Bumble Bee

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

StarKist

- Very Low Sodium White Albacore (130/0) ----- 1 can

Safe Catch

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



Fish fillet, breaded

Less than 2 g saturated fat & 360 mg sodium

Gorton's

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

Luby's

- Fried Fish (190/14) ----- 1/2 fillet

Gardein

- Plant Based Fish Fillet (200/12) ----- 1 fillet

Sea Cuisine

- Potato and Herb Cod (180/12) ----- 1 fillet



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Fish fillet, seasoned

Less than 2 g saturated fat & 450 mg sodium

Gorton's

- Grilled Tilapia (100/1) ----- 1 fillet
- Natural Catch Grilled Cod Garlic & Herb (80/3) ----- 1 fillet

Sea Cuisine

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

Morey's

- Cod Butter & Herb (210/3) ----- 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 (190/19) ----- 5 sticks

Kidfresh

- Fun-tastic Fish Sticks (230/30) ----- 7 sticks

Kroger

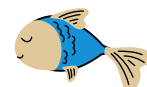
- Crunch Fish Sticks (260/28) ----- 7 sticks
- Whole Grain Alaskan Pollock (220/18) ----- 4 sticks

Van de Kamp's

- Crunchy Fish Sticks (230/22) ----- 6 sticks



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



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Salmon, breaded

Sea Cuisine

- Honey Chipotle Wild Alaska Salmon (320/25) ----- 1 fillet
- High Liner Wild Pacific Salmon Mediterranean (240/18) ----- 1 fillet



Salmon, seasoned

Cedar Bay Grilling Company

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

Gorton's

- Natural Catch Grilled Salmon (100/2) ----- 1 fillet

Kroger

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

Sea Cuisine

- Citrus Herb Rubbed Salmon (240/5) ----- 1 fillet
- Sweet Bourbon Salmon (260/6) ----- 1 fillet

Honey Smoked Fish Co

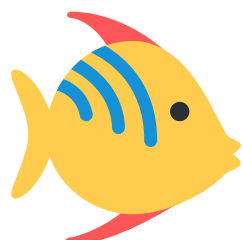
- Chipotle Lime honey Smoked Salmon (150/0) ----- 1/4 fillet

Good & Gather

- Alaskan Salmon Burger (170/2) ----- 1 burger



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](#)