

Food Group: Finfish and Shellfish Products

Here you can find links to MedRat NutriArchives (one of the world's largest collections of food composition Web pages!) food composition Web pages, based on USDA National Nutrient Database for Standard Reference, Release 20 (SR20). There are 255 food items (arranged in alphabetical order) for food group, "Finfish and Shellfish Products", in SR20. However, there are 7519 food items in all food groups included in SR20. **NDB#** is the 5-digit Nutrient Databank number that uniquely identifies a food item.

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Based on USDA National Nutrient Database for Standard Reference, Release 20 (SR20)

1. [Crustaceans, crab, alaska king, cooked, moist heat \(NDB#: 15137\)](#)
2. [Crustaceans, crab, alaska king, imitation, made from surimi \(NDB#: 15138\)](#)
3. [Crustaceans, crab, alaska king, raw \(NDB#: 15136\)](#)
4. [Crustaceans, crab, blue, canned \(NDB#: 15141\)](#)
5. [Crustaceans, crab, blue, cooked, moist heat \(NDB#: 15140\)](#)
6. [Crustaceans, crab, blue, crab cakes \(NDB#: 15142\)](#)
7. [Crustaceans, crab, blue, raw \(NDB#: 15139\)](#)
8. [Crustaceans, crab, dungeness, cooked, moist heat \(NDB#: 15226\)](#)
9. [Crustaceans, crab, dungeness, raw \(NDB#: 15143\)](#)
10. [Crustaceans, crab, queen, cooked, moist heat \(NDB#: 15227\)](#)
11. [Crustaceans, crab, queen, raw \(NDB#: 15144\)](#)
12. [Crustaceans, crayfish, mixed species, farmed, cooked, moist heat \(NDB#: 15243\)](#)
13. [Crustaceans, crayfish, mixed species, farmed, raw \(NDB#: 15242\)](#)
14. [Crustaceans, crayfish, mixed species, wild, cooked, moist heat \(NDB#: 15146\)](#)
15. [Crustaceans, crayfish, mixed species, wild, raw \(NDB#: 15145\)](#)
16. [Crustaceans, lobster, northern, cooked, moist heat \(NDB#: 15148\)](#)
17. [Crustaceans, lobster, northern, raw \(NDB#: 15147\)](#)
18. [Crustaceans, shrimp, mixed species, canned \(NDB#: 15152\)](#)
19. [Crustaceans, shrimp, mixed species, cooked, breaded and fried \(NDB#: 15150\)](#)
20. [Crustaceans, shrimp, mixed species, cooked, moist heat \(NDB#: 15151\)](#)
21. [Crustaceans, shrimp, mixed species, imitation, made from surimi \(NDB#: 15153\)](#)
22. [Crustaceans, shrimp, mixed species, raw \(NDB#: 15149\)](#)
23. [Crustaceans, spiny lobster, mixed species, cooked, moist heat \(NDB#: 15228\)](#)
24. [Crustaceans, spiny lobster, mixed species, raw \(NDB#: 15154\)](#)

25. [Fish, anchovy, european, canned in oil, drained solids \(NDB#: 15002\)](#)
26. [Fish, anchovy, european, raw \(NDB#: 15001\)](#)
27. [Fish, bass, fresh water, mixed species, raw \(NDB#: 15003\)](#)
28. [Fish, bass, freshwater, mixed species, cooked, dry heat \(NDB#: 15187\)](#)
29. [Fish, bass, striped, cooked, dry heat \(NDB#: 15188\)](#)
30. [Fish, bass, striped, raw \(NDB#: 15004\)](#)
31. [Fish, bluefish, cooked, dry heat \(NDB#: 15189\)](#)
32. [Fish, bluefish, raw \(NDB#: 15005\)](#)
33. [Fish, burbot, cooked, dry heat \(NDB#: 15190\)](#)
34. [Fish, burbot, raw \(NDB#: 15006\)](#)
35. [Fish, butterflyfish, cooked, dry heat \(NDB#: 15191\)](#)
36. [Fish, butterflyfish, raw \(NDB#: 15007\)](#)
37. [Fish, carp, cooked, dry heat \(NDB#: 15009\)](#)
38. [Fish, carp, raw \(NDB#: 15008\)](#)
39. [Fish, catfish, channel, cooked, breaded and fried \(NDB#: 15011\)](#)
40. [Fish, catfish, channel, farmed, cooked, dry heat \(NDB#: 15235\)](#)
41. [Fish, catfish, channel, farmed, raw \(NDB#: 15234\)](#)
42. [Fish, catfish, channel, wild, cooked, dry heat \(NDB#: 15233\)](#)
43. [Fish, catfish, channel, wild, raw \(NDB#: 15010\)](#)
44. [Fish, caviar, black and red, granular \(NDB#: 15012\)](#)
45. [Fish, cisco, raw \(NDB#: 15013\)](#)
46. [Fish, cisco, smoked \(NDB#: 15014\)](#)
47. [Fish, cod, Atlantic, canned, solids and liquid \(NDB#: 15017\)](#)
48. [Fish, cod, Atlantic, cooked, dry heat \(NDB#: 15016\)](#)
49. [Fish, cod, Atlantic, dried and salted \(NDB#: 15018\)](#)
50. [Fish, cod, Atlantic, raw \(NDB#: 15015\)](#)
51. [Fish, cod, Pacific, cooked, dry heat \(NDB#: 15192\)](#)
52. [Fish, cod, Pacific, raw \(NDB#: 15019\)](#)
53. [Fish, croaker, Atlantic, cooked, breaded and fried \(NDB#: 15021\)](#)
54. [Fish, croaker, Atlantic, raw \(NDB#: 15020\)](#)
55. [Fish, cusk, cooked, dry heat \(NDB#: 15193\)](#)
56. [Fish, cusk, raw \(NDB#: 15022\)](#)
57. [Fish, dolphinfish, cooked, dry heat \(NDB#: 15194\)](#)
58. [Fish, dolphinfish, raw \(NDB#: 15023\)](#)
59. [Fish, drum, freshwater, cooked, dry heat \(NDB#: 15195\)](#)
60. [Fish, drum, freshwater, raw \(NDB#: 15024\)](#)
61. [Fish, eel, mixed species, cooked, dry heat \(NDB#: 15026\)](#)
62. [Fish, eel, mixed species, raw \(NDB#: 15025\)](#)
63. [Fish, fish portions and sticks, frozen, preheated \(NDB#: 15027\)](#)
64. [Fish, flatfish \(flounder and sole species\), cooked, dry heat \(NDB#: 15029\)](#)
65. [Fish, flatfish \(flounder and sole species\), raw \(NDB#: 15028\)](#)
66. [Fish, gefiltefish, commercial, sweet recipe \(NDB#: 15030\)](#)
67. [Fish, grouper, mixed species, cooked, dry heat \(NDB#: 15032\)](#)
68. [Fish, grouper, mixed species, raw \(NDB#: 15031\)](#)
69. [Fish, haddock, cooked, dry heat \(NDB#: 15034\)](#)
70. [Fish, haddock, raw \(NDB#: 15033\)](#)
71. [Fish, haddock, smoked \(NDB#: 15035\)](#)
72. [Fish, halibut, Atlantic and Pacific, cooked, dry heat \(NDB#: 15037\)](#)
73. [Fish, halibut, Atlantic and Pacific, raw \(NDB#: 15036\)](#)
74. [Fish, halibut, greenland, cooked, dry heat \(NDB#: 15196\)](#)

75. [Fish, halibut, Greenland, raw \(NDB#: 15038\)](#)
76. [Fish, herring, Atlantic, cooked, dry heat \(NDB#: 15040\)](#)
77. [Fish, herring, Atlantic, kippered \(NDB#: 15042\)](#)
78. [Fish, herring, Atlantic, pickled \(NDB#: 15041\)](#)
79. [Fish, herring, Atlantic, raw \(NDB#: 15039\)](#)
80. [Fish, herring, Pacific, cooked, dry heat \(NDB#: 15197\)](#)
81. [Fish, herring, Pacific, raw \(NDB#: 15043\)](#)
82. [Fish, ling, cooked, dry heat \(NDB#: 15198\)](#)
83. [Fish, ling, raw \(NDB#: 15044\)](#)
84. [Fish, lingcod, cooked, dry heat \(NDB#: 15199\)](#)
85. [Fish, lingcod, raw \(NDB#: 15045\)](#)
86. [Fish, mackerel, Atlantic, cooked, dry heat \(NDB#: 15047\)](#)
87. [Fish, mackerel, Atlantic, raw \(NDB#: 15046\)](#)
88. [Fish, mackerel, jack, canned, drained solids \(NDB#: 15048\)](#)
89. [Fish, mackerel, king, cooked, dry heat \(NDB#: 15200\)](#)
90. [Fish, mackerel, king, raw \(NDB#: 15049\)](#)
91. [Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat \(NDB#: 15201\)](#)
92. [Fish, mackerel, Pacific and jack, mixed species, raw \(NDB#: 15050\)](#)
93. [Fish, mackerel, salted \(NDB#: 83110\)](#)
94. [Fish, mackerel, spanish, cooked, dry heat \(NDB#: 15052\)](#)
95. [Fish, mackerel, spanish, raw \(NDB#: 15051\)](#)
96. [Fish, milkfish, cooked, dry heat \(NDB#: 15202\)](#)
97. [Fish, milkfish, raw \(NDB#: 15053\)](#)
98. [Fish, monkfish, cooked, dry heat \(NDB#: 15203\)](#)
99. [Fish, monkfish, raw \(NDB#: 15054\)](#)
100. [Fish, mullet, striped, cooked, dry heat \(NDB#: 15056\)](#)
101. [Fish, mullet, striped, raw \(NDB#: 15055\)](#)
102. [Fish, ocean perch, Atlantic, cooked, dry heat \(NDB#: 15058\)](#)
103. [Fish, ocean perch, Atlantic, raw \(NDB#: 15057\)](#)
104. [Fish, perch, mixed species, cooked, dry heat \(NDB#: 15061\)](#)
105. [Fish, perch, mixed species, raw \(NDB#: 15060\)](#)
106. [Fish, pike, northern, cooked, dry heat \(NDB#: 15063\)](#)
107. [Fish, pike, northern, raw \(NDB#: 15062\)](#)
108. [Fish, pike, walleye, cooked, dry heat \(NDB#: 15204\)](#)
109. [Fish, pike, walleye, raw \(NDB#: 15064\)](#)
110. [Fish, pollock, Atlantic, cooked, dry heat \(NDB#: 15205\)](#)
111. [Fish, pollock, Atlantic, raw \(NDB#: 15065\)](#)
112. [Fish, pollock, walleye, cooked, dry heat \(NDB#: 15067\)](#)
113. [Fish, pollock, walleye, raw \(NDB#: 15066\)](#)
114. [Fish, pompano, florida, cooked, dry heat \(NDB#: 15069\)](#)
115. [Fish, pompano, florida, raw \(NDB#: 15068\)](#)
116. [Fish, pout, ocean, cooked, dry heat \(NDB#: 15206\)](#)
117. [Fish, pout, ocean, raw \(NDB#: 15059\)](#)
118. [Fish, rockfish, Pacific, mixed species, cooked, dry heat \(NDB#: 15071\)](#)
119. [Fish, rockfish, Pacific, mixed species, raw \(NDB#: 15070\)](#)
120. [Fish, roe, mixed species, cooked, dry heat \(NDB#: 15207\)](#)
121. [Fish, roe, mixed species, raw \(NDB#: 15072\)](#)
122. [Fish, roughy, orange, cooked, dry heat \(NDB#: 15232\)](#)
123. [Fish, roughy, orange, raw \(NDB#: 15073\)](#)
124. [Fish, sablefish, cooked, dry heat \(NDB#: 15208\)](#)

125. [Fish, sablefish, raw \(NDB#: 15074\)](#)
126. [Fish, sablefish, smoked \(NDB#: 15075\)](#)
127. [Fish, salmon, Atlantic, farmed, cooked, dry heat \(NDB#: 15237\)](#)
128. [Fish, salmon, Atlantic, farmed, raw \(NDB#: 15236\)](#)
129. [Fish, salmon, Atlantic, wild, cooked, dry heat \(NDB#: 15209\)](#)
130. [Fish, salmon, Atlantic, wild, raw \(NDB#: 15076\)](#)
131. [Fish, salmon, chinook, cooked, dry heat \(NDB#: 15210\)](#)
132. [Fish, salmon, chinook, raw \(NDB#: 15078\)](#)
133. [Fish, salmon, chinook, smoked \(NDB#: 15077\)](#)
134. [Fish, salmon, chinook, smoked, \(lox\), regular \(NDB#: 15179\)](#)
135. [Fish, salmon, chum, canned, without salt, drained solids with bone \(NDB#: 15180\)](#)
136. [Fish, salmon, chum, cooked, dry heat \(NDB#: 15211\)](#)
137. [Fish, salmon, chum, drained solids with bone \(NDB#: 15080\)](#)
138. [Fish, salmon, chum, raw \(NDB#: 15079\)](#)
139. [Fish, salmon, coho, farmed, cooked, dry heat \(NDB#: 15239\)](#)
140. [Fish, salmon, coho, farmed, raw \(NDB#: 15238\)](#)
141. [Fish, salmon, coho, wild, cooked, dry heat \(NDB#: 15247\)](#)
142. [Fish, salmon, coho, wild, cooked, moist heat \(NDB#: 15082\)](#)
143. [Fish, salmon, coho, wild, raw \(NDB#: 15081\)](#)
144. [Fish, salmon, pink, canned, drained solids with bone \(NDB#: 15260\)](#)
145. [Fish, salmon, pink, canned, solids with bone and liquid \(NDB#: 15084\)](#)
146. [Fish, salmon, pink, canned, without salt, solids with bone and liquid \(NDB#: 15181\)](#)
147. [Fish, salmon, pink, cooked, dry heat \(NDB#: 15212\)](#)
148. [Fish, salmon, pink, raw \(NDB#: 15083\)](#)
149. [Fish, salmon, sockeye, canned, drained solids with bone \(NDB#: 15087\)](#)
150. [Fish, salmon, sockeye, canned, without salt, drained solids with bone \(NDB#: 15182\)](#)
151. [Fish, salmon, sockeye, cooked, dry heat \(NDB#: 15086\)](#)
152. [Fish, salmon, sockeye, raw \(NDB#: 15085\)](#)
153. [Fish, sardine, Atlantic, canned in oil, drained solids with bone \(NDB#: 15088\)](#)
154. [Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone \(NDB#: 15089\)](#)
155. [Fish, scup, cooked, dry heat \(NDB#: 15213\)](#)
156. [Fish, scup, raw \(NDB#: 15090\)](#)
157. [Fish, sea bass, mixed species, cooked, dry heat \(NDB#: 15092\)](#)
158. [Fish, sea bass, mixed species, raw \(NDB#: 15091\)](#)
159. [Fish, seatrout, mixed species, cooked, dry heat \(NDB#: 15214\)](#)
160. [Fish, seatrout, mixed species, raw \(NDB#: 15093\)](#)
161. [Fish, shad, american, cooked, dry heat \(NDB#: 15215\)](#)
162. [Fish, shad, american, raw \(NDB#: 15094\)](#)
163. [Fish, shark, mixed species, cooked, batter-dipped and fried \(NDB#: 15096\)](#)
164. [Fish, shark, mixed species, raw \(NDB#: 15095\)](#)
165. [Fish, sheepshead, cooked, dry heat \(NDB#: 15098\)](#)
166. [Fish, sheepshead, raw \(NDB#: 15097\)](#)
167. [Fish, smelt, rainbow, cooked, dry heat \(NDB#: 15100\)](#)
168. [Fish, smelt, rainbow, raw \(NDB#: 15099\)](#)
169. [Fish, snapper, mixed species, cooked, dry heat \(NDB#: 15102\)](#)
170. [Fish, snapper, mixed species, raw \(NDB#: 15101\)](#)
171. [Fish, spot, cooked, dry heat \(NDB#: 15216\)](#)
172. [Fish, spot, raw \(NDB#: 15103\)](#)
173. [Fish, sturgeon, mixed species, cooked, dry heat \(NDB#: 15105\)](#)
174. [Fish, sturgeon, mixed species, raw \(NDB#: 15104\)](#)

175. [Fish, sturgeon, mixed species, smoked \(NDB#: 15106\)](#)
176. [Fish, sucker, white, cooked, dry heat \(NDB#: 15217\)](#)
177. [Fish, sucker, white, raw \(NDB#: 15107\)](#)
178. [Fish, sunfish, pumpkin seed, cooked, dry heat \(NDB#: 15218\)](#)
179. [Fish, sunfish, pumpkin seed, raw \(NDB#: 15108\)](#)
180. [Fish, surimi \(NDB#: 15109\)](#)
181. [Fish, swordfish, cooked, dry heat \(NDB#: 15111\)](#)
182. [Fish, swordfish, raw \(NDB#: 15110\)](#)
183. [Fish, tilapia, cooked, dry heat \(NDB#: 15262\)](#)
184. [Fish, tilapia, raw \(NDB#: 15261\)](#)
185. [Fish, tilefish, cooked, dry heat \(NDB#: 15113\)](#)
186. [Fish, tilefish, raw \(NDB#: 15112\)](#)
187. [Fish, trout, mixed species, cooked, dry heat \(NDB#: 15219\)](#)
188. [Fish, trout, mixed species, raw \(NDB#: 15114\)](#)
189. [Fish, trout, rainbow, farmed, cooked, dry heat \(NDB#: 15241\)](#)
190. [Fish, trout, rainbow, farmed, raw \(NDB#: 15240\)](#)
191. [Fish, trout, rainbow, wild, cooked, dry heat \(NDB#: 15116\)](#)
192. [Fish, trout, rainbow, wild, raw \(NDB#: 15115\)](#)
193. [Fish, tuna salad \(NDB#: 15128\)](#)
194. [Fish, tuna, fresh, bluefin, cooked, dry heat \(NDB#: 15118\)](#)
195. [Fish, tuna, fresh, bluefin, raw \(NDB#: 15117\)](#)
196. [Fish, tuna, fresh, skipjack, raw \(NDB#: 15123\)](#)
197. [Fish, tuna, fresh, yellowfin, raw \(NDB#: 15127\)](#)
198. [Fish, tuna, light, canned in oil, drained solids \(NDB#: 15119\)](#)
199. [Fish, tuna, light, canned in oil, without salt, drained solids \(NDB#: 15183\)](#)
200. [Fish, tuna, light, canned in water, drained solids \(NDB#: 15121\)](#)
201. [Fish, tuna, light, canned in water, without salt, drained solids \(NDB#: 15184\)](#)
202. [Fish, tuna, skipjack, fresh, cooked, dry heat \(NDB#: 15220\)](#)
203. [Fish, tuna, white, canned in oil, drained solids \(NDB#: 15124\)](#)
204. [Fish, tuna, white, canned in oil, without salt, drained solids \(NDB#: 15185\)](#)
205. [Fish, tuna, white, canned in water, drained solids \(NDB#: 15126\)](#)
206. [Fish, tuna, white, canned in water, without salt, drained solids \(NDB#: 15186\)](#)
207. [Fish, tuna, yellowfin, fresh, cooked, dry heat \(NDB#: 15221\)](#)
208. [Fish, turbot, european, cooked, dry heat \(NDB#: 15222\)](#)
209. [Fish, turbot, european, raw \(NDB#: 15129\)](#)
210. [Fish, whitefish, mixed species, cooked, dry heat \(NDB#: 15223\)](#)
211. [Fish, whitefish, mixed species, raw \(NDB#: 15130\)](#)
212. [Fish, whitefish, mixed species, smoked \(NDB#: 15131\)](#)
213. [Fish, whiting, mixed species, cooked, dry heat \(NDB#: 15133\)](#)
214. [Fish, whiting, mixed species, raw \(NDB#: 15132\)](#)
215. [Fish, wolffish, Atlantic, cooked, dry heat \(NDB#: 15224\)](#)
216. [Fish, wolffish, Atlantic, raw \(NDB#: 15134\)](#)
217. [Fish, yellowtail, mixed species, cooked, dry heat \(NDB#: 15225\)](#)
218. [Fish, yellowtail, mixed species, raw \(NDB#: 15135\)](#)
219. [Frog legs, raw \(NDB#: 80200\)](#)
220. [Jellyfish, dried, salted \(NDB#: 43497\)](#)
221. [Mollusks, abalone, mixed species, cooked, fried \(NDB#: 15156\)](#)
222. [Mollusks, abalone, mixed species, raw \(NDB#: 15155\)](#)
223. [Mollusks, clam, mixed species, canned, drained solids \(NDB#: 15160\)](#)
224. [Mollusks, clam, mixed species, canned, liquid \(NDB#: 15162\)](#)

225. [Mollusks, clam, mixed species, cooked, breaded and fried \(NDB#: 15158\)](#)
226. [Mollusks, clam, mixed species, cooked, moist heat \(NDB#: 15159\)](#)
227. [Mollusks, clam, mixed species, raw \(NDB#: 15157\)](#)
228. [Mollusks, conch, baked or broiled \(NDB#: 15250\)](#)
229. [Mollusks, cuttlefish, mixed species, cooked, moist heat \(NDB#: 15229\)](#)
230. [Mollusks, cuttlefish, mixed species, raw \(NDB#: 15163\)](#)
231. [Mollusks, mussel, blue, cooked, moist heat \(NDB#: 15165\)](#)
232. [Mollusks, mussel, blue, raw \(NDB#: 15164\)](#)
233. [Mollusks, octopus, common, cooked, moist heat \(NDB#: 15230\)](#)
234. [Mollusks, octopus, common, raw \(NDB#: 15166\)](#)
235. [Mollusks, oyster, eastern, canned \(NDB#: 15170\)](#)
236. [Mollusks, oyster, eastern, cooked, breaded and fried \(NDB#: 15168\)](#)
237. [Mollusks, oyster, eastern, farmed, cooked, dry heat \(NDB#: 15246\)](#)
238. [Mollusks, oyster, eastern, farmed, raw \(NDB#: 15245\)](#)
239. [Mollusks, oyster, eastern, wild, cooked, dry heat \(NDB#: 15244\)](#)
240. [Mollusks, oyster, eastern, wild, cooked, moist heat \(NDB#: 15169\)](#)
241. [Mollusks, oyster, eastern, wild, raw \(NDB#: 15167\)](#)
242. [Mollusks, oyster, Pacific, cooked, moist heat \(NDB#: 15231\)](#)
243. [Mollusks, oyster, Pacific, raw \(NDB#: 15171\)](#)
244. [Mollusks, scallop, \(bay and sea\), cooked, steamed \(NDB#: 90240\)](#)
245. [Mollusks, scallop, mixed species, cooked, breaded and fried \(NDB#: 15173\)](#)
246. [Mollusks, scallop, mixed species, imitation, made from surimi \(NDB#: 15174\)](#)
247. [Mollusks, scallop, mixed species, raw \(NDB#: 15172\)](#)
248. [Mollusks, snail, raw \(NDB#: 90560\)](#)
249. [Mollusks, squid, mixed species, cooked, fried \(NDB#: 15176\)](#)
250. [Mollusks, squid, mixed species, raw \(NDB#: 15175\)](#)
251. [Mollusks, whelk, unspecified, cooked, moist heat \(NDB#: 15178\)](#)
252. [Mollusks, whelk, unspecified, raw \(NDB#: 15177\)](#)
253. [Turtle, green, raw \(NDB#: 93600\)](#)
254. [USDA Commodity, salmon nuggets, breaded, frozen, heated \(NDB#: 15251\)](#)
255. [USDA Commodity, salmon nuggets, cooked as purchased, unheated \(NDB#: 15252\)](#)

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