Calorie chart: fish (PDF)

Calories, protein, carbohydrate and fat for 203 foods, per serving and per 100 g.

Updated October 2026

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Ahi Tuna	3 oz (85 g)	111	**130**	29.2	0	0.6
Alaska Pollock Cooked	3 oz (85 g)	74	**87**	19.4	0	1
Alaska Pollock Raw	3 oz (85 g)	65	**76**	17.2	0	0.8
Albacore Tuna	3 oz (85 g)	109	**128**	23.6	0	3
Albacore Tuna in Oil	3 oz (85 g)	158	**186**	26.5	0	8.1
Albacore Tuna in Oil No Salt Added	3 oz (85 g)	158	**186**	26.5	0	8.1
Albacore Tuna in Water No Salt Added	3 oz (85 g)	109	**128**	23.6	0	3
American Shad Cooked	3 oz (85 g)	214	**252**	21.7	0	17.7
American Shad Raw	3 oz (85 g)	167	**197**	16.9	0	13.8
Anchovies	5 anchovies (20 g)	42	**210**	28.9	0	9.7
Atlantic Cod Canned	3 oz (85 g)	89	**105**	22.8	0	0.9
Atlantic Croaker Breaded and Fried	3 oz (85 g)	188	**221**	18.2	7.5	12.7
Atlantic Croaker Raw	3 oz (85 g)	88	**104**	17.8	0	3.2
Atlantic Herring Raw	3 oz (85 g)	134	**158**	18	0	9
Atlantic Mackerel Raw	3 oz (85 g)	174	**205**	18.6	0	13.9
Atlantic Ocean Perch Cooked	3 oz (85 g)	82	**96**	18.5	0	1.9
Atlantic Ocean Perch Raw	3 oz (85 g)	67	**79**	15.3	0	1.5
Atlantic Pollock Cooked	3 oz (85 g)	100	**118**	24.9	0	1.3
Atlantic Pollock Raw	3 oz (85 g)	78	**92**	19.4	0	1
Atlantic Salmon	3 oz (85 g)	175	**206**	22.1	0	12.4
Atlantic Wolffish Cooked	3 oz (85 g)	105	**123**	22.4	0	3.1
Atlantic Wolffish Raw	3 oz (85 g)	82	**96**	17.5	0	2.4
Bluefin Tuna	3 oz (85 g)	156	**184**	29.9	0	6.3
Bluefish Cooked	3 oz (85 g)	135	**159**	25.7	0	5.4
Bluefish Raw	3 oz (85 g)	105	**124**	20	0	4.2
Brook Trout Raw	1 filet (149 g)	164	**110**	21.2	0	2.7
Burbot Cooked	3 oz (85 g)	98	**115**	24.8	0	1
Burbot Raw	3 oz (85 g)	77	**90**	19.3	0	0.8
Butterfish Cooked	3 oz (85 g)	159	**187**	22.2	0	10.3
Butterfish Raw	3 oz (85 g)	124	**146**	17.3	0	8
Canned Mackerel	1 cup (190 g)	296	**156**	23.2	0	6.3
Canned Salmon	3 oz (85 g)	117	**138**	23.1	0	5
Canned Sockeye Salmon	3 oz (85 g)	142	**167**	23.6	0	7.4
Canned Tuna	3 oz (85 g)	99	**116**	25.5	0	0.8
Carp	3 oz (85 g)	138	**162**	22.9	0	7.2
Carp Raw	3 oz (85 g)	108	**127**	17.8	0	5.6
Catfish	3 oz (85 g)	122	**144**	18.4	0	7.2
Caviar	1 tbsp (16 g)	42	**264**	24.6	4	17.9
Chinook Salmon	3 oz (85 g)	196	**231**	25.7	0	13.4

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Chinook Salmon Raw	3 oz (85 g)	152	**179**	19.9	0	10.4
Chinook Salmon Smoked	3 oz (85 g)	99	**117**	18.3	0	4.3
Chum Salmon Canned No Salt Added	3 oz (85 g)	120	**141**	21.4	0	5.5
Chum Salmon Canned with Bone	3 oz (85 g)	120	**141**	21.4	0	5.5
Chum Salmon Cooked	3 oz (85 g)	131	**154**	25.8	0	4.8
Chum Salmon Raw	3 oz (85 g)	102	**120**	20.1	0	3.8
Cisco Raw	3 oz (85 g)	83	**98**	19	0	1.9
Cisco Smoked	3 oz (85 g)	150	**177**	16.4	0	11.9
Cod	3 oz (85 g)	89	**105**	22.8	0	0.9
Coho Salmon	3 oz (85 g)	118	**139**	23.5	0	4.3
Cusk Cooked	3 oz (85 g)	95	**112**	24.4	0	0.9
Cusk Raw	3 oz (85 g)	74	**87**	19	0	0.7
Eel	3 oz (85 g)	201	**236**	23.7	0	15
Eel Raw	3 oz (85 g)	156	**184**	18.4	0	11.7
European Anchovy Raw	3 oz (85 g)	111	**131**	20.4	0	4.8
European Turbot Cooked	3 oz (85 g)	104	**122**	20.6	0	3.8
European Turbot Raw	3 oz (85 g)	81	**95**	16.1	0	3
Farmed Coho Salmon Cooked	3 oz (85 g)	151	**178**	24.3	0	8.2
Farmed Coho Salmon Raw	3 oz (85 g)	136	**160**	21.3	0	7.7
Fish Roe Cooked	3 oz (85 g)	173	**204**	28.6	1.9	8.2
Fish Roe Raw	3 oz (85 g)	122	**143**	22.3	1.5	6.4
Fish Sticks	1 stick (4" x 1" x 1/2") (28 g)	78	**277**	11	21.7	16.2
Florida Pompano Cooked	3 oz (85 g)	179	**211**	23.7	0	12.1
Florida Pompano Raw	3 oz (85 g)	139	**164**	18.5	0	9.5
Flounder	3 oz (85 g)	73	**86**	15.2	0	2.4
Freshwater Bass Cooked	3 oz (85 g)	124	**146**	24.2	0	4.7
Freshwater Bass Raw	3 oz (85 g)	97	**114**	18.9	0	3.7
Freshwater Drum Cooked	3 oz (85 g)	130	**153**	22.5	0	6.3
Freshwater Drum Raw	3 oz (85 g)	101	**119**	17.5	0	4.9
Fried Catfish	3 oz (85 g)	195	**229**	18.1	8	13.3
Gefilte Fish	1 piece (42 g)	35	**84**	9.1	7.4	1.7
Greenland Halibut Cooked	3 oz (85 g)	203	**239**	18.4	0	17.7
Greenland Halibut Raw	3 oz (85 g)	158	**186**	14.4	0	13.8
Grouper	3 oz (85 g)	100	**118**	24.8	0	1.3
Grouper Raw	3 oz (85 g)	78	**92**	19.4	0	1
Haddock	3 oz (85 g)	77	**90**	20	0	0.6
Haddock Smoked	3 oz (85 g)	99	**116**	25.2	0	1
Halibut	3 oz (85 g)	94	**111**	22.5	0	1.6
Herring	3 oz (85 g)	173	**203**	23	0	11.6
King Mackerel	3 oz (85 g)	114	**134**	26	0	2.6
King Mackerel Raw	3 oz (85 g)	89	**105**	20.3	0	2
Kippered Herring	1 fillet, medium (5" x 1-3/4" x 1/4") (40 g)	87	**217**	24.6	0	12.4
Light Tuna Canned in Water	3 oz (85 g)	73	**86**	19.4	0	1
Light Tuna in Oil No Salt Added	3 oz (85 g)	168	**198**	29.1	0	8.2

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Ling Cooked	3 oz (85 g)	94	**111**	24.4	0	0.8
Ling Raw	3 oz (85 g)	74	**87**	19	0	0.6
Lingcod Cooked	3 oz (85 g)	93	**109**	22.6	0	1.4
Lingcod Raw	3 oz (85 g)	72	**85**	17.7	0	1.1
Mackerel	3 oz (85 g)	223	**262**	23.9	0	17.8
Mackerel Salted	1 cup, cooked (136 g)	415	**305**	18.5	0	25.1
Mahi Mahi	3 oz (85 g)	93	**109**	23.7	0	0.9
Milkfish Cooked	3 oz (85 g)	162	**190**	26.3	0	8.6
Milkfish Raw	3 oz (85 g)	126	**148**	20.5	0	6.7
Monkfish	3 oz (85 g)	82	**97**	18.6	0	2
Monkfish Raw	3 oz (85 g)	65	**76**	14.5	0	1.5
Northern Pike Raw	3 oz (85 g)	75	**88**	19.3	0	0.7
Ocean Pout Cooked	3 oz (85 g)	87	**102**	21.3	0	1.2
Ocean Pout Raw	3 oz (85 g)	67	**79**	16.6	0	0.9
Orange Roughy	3 oz (85 g)	89	**105**	22.6	0	0.9
Orange Roughy Raw	3 oz (85 g)	65	**76**	16.4	0	0.7
Pacific and Jack Mackerel Cooked	3 oz (85 g)	171	**201**	25.7	0	10.1
Pacific and Jack Mackerel Raw	3 oz (85 g)	134	**158**	20.1	0	7.9
Pacific Cod Cooked	3 oz (85 g)	71	**84**	20.4	0	0.3
Pacific Cod Cooked with Additives	3 oz (85 g)	72	**85**	18.7	0	0.5
Pacific Cod Raw	3 oz (85 g)	59	**69**	15.3	0	0.4
Pacific Herring Cooked	3 oz (85 g)	213	**250**	21	0	17.8
Pacific Herring Raw	3 oz (85 g)	166	**195**	16.4	0	13.9
Pacific Rockfish Cooked	3 oz (85 g)	93	**109**	22.2	0	1.6
Pacific Rockfish Raw	3 oz (85 g)	77	**90**	18.4	0	1.3
Perch	3 oz (85 g)	99	**117**	24.9	0	1.2
Perch Raw	3 oz (85 g)	77	**91**	19.4	0	0.9
Pickled Herring	1 piece (1-3/4" x 7/8" x 1/2") (15 g)	39	**262**	14.2	9.6	18
Pike	3 oz (85 g)	96	**113**	24.7	0	0.9
Pink Salmon	3 oz (85 g)	130	**153**	24.6	0	5.3
Pink Salmon Canned No Salt Added	3 oz (85 g)	118	**139**	19.8	0	6.1
Pink Salmon Canned Skinless Boneless	3 oz (85 g)	116	**136**	24.6	0	4.2
Pink Salmon Canned Total Contents	3 oz (85 g)	110	**129**	19.7	0	5
Pink Salmon Raw	3 oz (85 g)	108	**127**	20.5	0	4.4
Pollock	3 oz (85 g)	94	**111**	23.5	0	1.2
Pumpkinseed Sunfish Cooked	3 oz (85 g)	97	**114**	24.9	0	0.9
Pumpkinseed Sunfish Raw	3 oz (85 g)	76	**89**	19.4	0	0.7
Rainbow Smelt Cooked	3 oz (85 g)	105	**124**	22.6	0	3.1
Rainbow Smelt Raw	3 oz (85 g)	82	**97**	17.6	0	2.4
Raw Ahi Tuna	3 oz (85 g)	93	**109**	24.4	0	0.5
Raw Bluefin Tuna	3 oz (85 g)	122	**144**	23.3	0	4.9
Raw Catfish	3 oz (85 g)	101	**119**	15.2	0	5.9

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Raw Cod	3 oz (85 g)	70	**82**	17.8	0	0.7
Raw Flounder	3 oz (85 g)	60	**70**	12.4	0	1.9
Raw Haddock	3 oz (85 g)	63	**74**	16.3	0	0.5
Raw Halibut	3 oz (85 g)	77	**91**	18.6	0	1.3
Raw Mahi Mahi	3 oz (85 g)	72	**85**	18.5	0	0.7
Raw Pollock	3 oz (85 g)	48	**56**	12.2	0	0.4
Raw Salmon	3 oz (85 g)	177	**208**	20.4	0	13.4
Raw Sockeye Salmon	3 oz (85 g)	111	**131**	22.3	0	4.7
Raw Tilapia	1 fillet (116 g)	111	**96**	20.1	0	1.7
Raw Trout	3 oz (85 g)	120	**141**	19.9	0	6.2
Sablefish	3 oz (85 g)	213	**250**	17.2	0	19.6
Sablefish Raw	3 oz (85 g)	166	**195**	13.4	0	15.3
Sablefish Smoked	3 oz (85 g)	218	**257**	17.7	0	20.1
Salmon Nuggets Breaded Frozen Heated	1 oz (28.4 g)	60	**212**	12.7	14	11.7
Salmon Nuggets Unheated	1 oz (28.4 g)	54	**189**	12	11.9	10.4
Salt Cod	1 oz (28.4 g)	82	**290**	62.8	0	2.4
Sardines	1 can (3.75 oz) (92 g)	191	**208**	24.6	0	11.5
Sardines in Tomato Sauce	1 cup (89 g)	165	**185**	20.9	0.5	10.5
Scup Cooked	3 oz (85 g)	115	**135**	24.2	0	3.5
Scup Raw	3 oz (85 g)	89	**105**	18.9	0	2.7
Sea Bass	3 oz (85 g)	105	**124**	23.6	0	2.6
Sea Bass Raw	3 oz (85 g)	82	**97**	18.4	0	2
Seatrout Cooked	3 oz (85 g)	113	**133**	21.5	0	4.6
Seatrout Raw	3 oz (85 g)	88	**104**	16.7	0	3.6
Shark Batter-Dipped and Fried	3 oz (85 g)	194	**228**	18.6	6.4	13.8
Shark Raw	3 oz (85 g)	111	**130**	21	0	4.5
Sheepshead Cooked	3 oz (85 g)	107	**126**	26	0	1.6
Sheepshead Raw	3 oz (85 g)	92	**108**	20.2	0	2.4
Skipjack Tuna	3 oz (85 g)	112	**132**	28.2	0	1.3
Skipjack Tuna Raw	3 oz (85 g)	88	**103**	22	0	1
Smoked Salmon	1 oz (28.4 g)	33	**117**	18.3	0	4.3
Snapper	3 oz (85 g)	109	**128**	26.3	0	1.7
Snapper Raw	3 oz (85 g)	85	**100**	20.5	0	1.3
Sockeye Salmon	3 oz (85 g)	133	**156**	26.5	0	5.6
Sockeye Salmon Canned No Salt Added	3 oz (85 g)	130	**153**	20.5	0	7.3
Sockeye Salmon Canned Skinless Boneless	3 oz (85 g)	134	**158**	26.3	0	5.9
Sockeye Salmon Canned Total Contents	3 oz (85 g)	130	**153**	20.6	0	7.2
Spanish Mackerel Cooked	3 oz (85 g)	134	**158**	23.6	0	6.3
Spanish Mackerel Raw	3 oz (85 g)	118	**139**	19.3	0	6.3
Spot Fish Cooked	3 oz (85 g)	134	**158**	23.7	0	6.3
Spot Fish Raw	3 oz (85 g)	105	**123**	18.5	0	4.9
Striped Bass	3 oz (85 g)	105	**124**	22.7	0	3
Striped Bass Raw	3 oz (85 g)	82	**97**	17.7	0	2.3

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Striped Mullet Cooked	3 oz (85 g)	128	**150**	24.8	0	4.9
Striped Mullet Raw	3 oz (85 g)	99	**117**	19.4	0	3.8
Sturgeon Cooked	3 oz (85 g)	115	**135**	20.7	0	5.2
Sturgeon Raw	3 oz (85 g)	89	**105**	16.1	0	4
Sturgeon Smoked	3 oz (85 g)	147	**173**	31.2	0	4.4
Surimi	3 oz (85 g)	84	**99**	15.2	6.9	0.9
Swordfish	3 oz (85 g)	146	**172**	23.5	0	7.9
Swordfish Raw	3 oz (85 g)	122	**144**	19.7	0	6.7
Tilapia	1 fillet (87 g)	111	**128**	26.2	0	2.7
Tilefish Cooked	3 oz (85 g)	125	**147**	24.5	0	4.7
Tilefish Raw	3 oz (85 g)	82	**96**	17.5	0	2.3
Trout	3 oz (85 g)	143	**168**	23.8	0	7.4
Trout Mixed Species Cooked	3 oz (85 g)	162	**190**	26.6	0	8.5
Trout Mixed Species Raw	3 oz (85 g)	126	**148**	20.8	0	6.6
Tuna in Oil	3 oz (85 g)	168	**198**	29.1	0	8.2
Tuna Salad	1 cup (205 g)	383	**187**	16	9.4	9.3
Walleye	3 oz (85 g)	101	**119**	24.5	0	1.6
Walleye Raw	3 oz (85 g)	79	**93**	19.1	0	1.2
White Sucker Cooked	3 oz (85 g)	101	**119**	21.5	0	3
White Sucker Raw	3 oz (85 g)	78	**92**	16.8	0	2.3
Whitefish Cooked	3 oz (85 g)	146	**172**	24.5	0	7.5
Whitefish Raw	3 oz (85 g)	114	**134**	19.1	0	5.9
Whitefish Smoked	3 oz (85 g)	92	**108**	23.4	0	0.9
Whiting	3 oz (85 g)	99	**116**	23.5	0	1.7
Whiting Raw	3 oz (85 g)	77	**90**	18.3	0	1.3
Wild Atlantic Salmon	3 oz (85 g)	155	**182**	25.4	0	8.1
Wild Atlantic Salmon Raw	3 oz (85 g)	121	**142**	19.8	0	6.3
Wild Channel Catfish Cooked	3 oz (85 g)	89	**105**	18.5	0	2.9
Wild Channel Catfish Raw	3 oz (85 g)	81	**95**	16.4	0	2.8
Wild Coho Salmon Cooked Moist Heat	3 oz (85 g)	156	**184**	27.4	0	7.5
Wild Coho Salmon Raw	3 oz (85 g)	124	**146**	21.6	0	5.9
Wild Rainbow Trout Cooked	3 oz (85 g)	128	**150**	22.9	0	5.8
Wild Rainbow Trout Raw	3 oz (85 g)	101	**119**	20.5	0	3.5
Yellowtail	3 oz (85 g)	159	**187**	29.7	0	6.7
Yellowtail Raw	3 oz (85 g)	124	**146**	23.1	0	5.2

Source: USDA FoodData Central, SR Legacy and FNDDS (public domain). Per-100 g values are USDA figures; serving values are scaled by weight.
Interactive tables and Nutrition Facts labels: https://nutritionfactlabel.com/nutrition-database/fish/