

**Finfish and Shellfish Products****Balance Volumetric**

Fish, caviar, black and red, granular	166	1.3
Fish, roe, mixed species, raw	110	2.3
Fish, mackerel, salted	109	1.1
Fish, roe, mixed species, cooked, dry heat	99	1.6
Fish, salmon, pink, canned, solids with bone and liquid	83	2.4
Fish, salmon, pink, canned, without salt, solids with bone	83	2.4
Fish, anchovy, european, raw	78	2.5
Fish, salmon, Atlantic, farmed, raw	73	1.6
Fish, salmon, Atlantic, wild, raw	73	2.3
Fish, salmon, Atlantic, wild, cooked, dry heat	73	1.8
Fish, herring, Atlantic, cooked, dry heat	70	1.6
Fish, herring, Atlantic, kippered	70	1.5
Fish, anchovy, european, canned in oil, drained solids	68	1.6
Fish, mackerel, Pacific and jack, mixed species, cooked, d	67	1.7
Fish, salmon, sockeye, canned, drained solids with bone	66	2.0
Fish, herring, Pacific, cooked, dry heat	63	1.3
Fish, whitefish, mixed species, cooked, dry heat	62	1.9
Fish, tuna, fresh, bluefin, raw	61	2.3
Fish, salmon, chum, drained solids with bone	60	2.4
Mollusks, oyster, Pacific, raw	59	4.1
Mollusks, oyster, Pacific, cooked, moist heat	59	2.0
Fish, salmon, coho, wild, cooked, moist heat	58	1.8
Fish, salmon, coho, wild, raw	57	2.3
Fish, mackerel, jack, canned, drained solids	57	2.1
Fish, salmon, chinook, cooked, dry heat	56	1.4
Fish, cisco, smoked	55	1.9
Fish, salmon, coho, wild, cooked, dry heat	53	2.4
Fish, sablefish, cooked, dry heat	53	1.3
Fish, sablefish, smoked	53	1.3
Fish, smelt, rainbow, cooked, dry heat	48	2.7
Fish, salmon, coho, farmed, raw	48	2.1
Fish, tuna, white, canned in water, drained solids	46	2.6
Fish, tuna, white, canned in water, without salt, drained s	46	2.6
Fish, salmon, coho, farmed, cooked, dry heat	46	1.9
Jellyfish, dried, salted	45	9.3
Mollusks, oyster, eastern, canned	45	4.9
Fish, sardine, Pacific, canned in tomato sauce, drained so	44	1.8
Mollusks, oyster, eastern, wild, cooked, moist heat	43	3.3
Mollusks, oyster, eastern, wild, raw	43	6.5
Mollusks, oyster, eastern, wild, cooked, dry heat	43	4.2
Fish, wolffish, Atlantic, cooked, dry heat	43	2.7
Fish, trout, rainbow, wild, cooked, dry heat	41	2.2
Fish, salmon, sockeye, canned, without salt, drained solid	40	2.2
Fish, swordfish, cooked, dry heat	40	1.9
Crustaceans, shrimp, mixed species, canned	39	3.3
Fish, herring, Atlantic, pickled	38	1.3
Fish, spot, cooked, dry heat	37	2.1
Mollusks, squid, mixed species, raw	37	3.6
Mollusks, oyster, eastern, farmed, cooked, dry heat	37	4.2
Fish, trout, rainbow, farmed, cooked, dry heat	36	2.0
Fish, trout, rainbow, farmed, raw	36	2.4
Fish, halibut, greenland, cooked, dry heat	36	1.4
Fish, salmon, sockeye, cooked, dry heat	35	2.0
Fish, salmon, sockeye, raw	35	2.3

very good effect
good effect
OK effect
not very good effect
bad effect
awful effect
<b>Avg. = 25.8</b>

Fish, trout, mixed species, raw	35	2.3
Fish, trout, mixed species, cooked, dry heat	35	1.8
Fish, sucker, white, cooked, dry heat	34	2.8
Fish, bass, freshwater, mixed species, cooked, dry heat	33	2.3
Mollusks, mussel, blue, raw	32	3.9
Fish, pollock, walleye, cooked, dry heat	32	3.0
Fish, salmon, pink, cooked, dry heat	30	2.2
Crustaceans, crab, alaska king, cooked, moist heat	29	3.4
Mollusks, mussel, blue, cooked, moist heat	28	1.9
Fish, surimi	28	3.4
Fish, salmon, Atlantic, farmed, cooked, dry heat	28	1.6
Fish, salmon, chinook, smoked	27	2.8
Crustaceans, crab, queen, cooked, moist heat	27	2.9
Fish, flatfish (flounder and sole species), cooked, dry heat	26	3.9
Fish, rockfish, Pacific, mixed species, cooked, dry heat	23	3.1
Fish, sturgeon, mixed species, cooked, dry heat	20	2.5
Fish, sardine, Atlantic, canned in oil, drained solids with brine	19	1.6
Fish, perch, mixed species, cooked, dry heat	18	2.8
Fish, grouper, mixed species, raw	17	3.6
Fish, seatrout, mixed species, cooked, dry heat	17	2.5
Crustaceans, spiny lobster, mixed species, cooked, moist heat	16	2.3
Fish, tuna, light, canned in water, drained solids	15	2.9
Fish, halibut, Atlantic and Pacific, cooked, dry heat	15	3.0
Fish, tuna, light, canned in water, without salt, drained solids	15	2.9
Mollusks, clam, mixed species, cooked, moist heat	15	2.3
Fish, haddock, smoked	15	2.9
Fish, carp, cooked, dry heat	14	2.1
Mollusks, squid, mixed species, cooked, fried	14	1.9
Crustaceans, lobster, northern, cooked, moist heat	14	3.7
Fish, whitefish, mixed species, smoked	13	3.1
Fish, cod, Pacific, cooked, dry heat	13	3.9
Fish, haddock, cooked, dry heat	12	3.7
Crustaceans, crab, blue, cooked, moist heat	12	4.0
Crustaceans, crab, blue, canned	12	4.0
Mollusks, octopus, common, cooked, moist heat	11	2.0
Fish, shark, mixed species, cooked, batter-dipped and fried	11	1.5
Fish, catfish, channel, wild, cooked, dry heat	10	3.2
Fish, cod, Atlantic, cooked, dry heat	9	3.2
Fish, cod, Atlantic, canned, solids and liquid	9	3.2
Fish, cod, Atlantic, dried and salted	9	1.1
Fish, dolphinfish, cooked, dry heat	9	3.1
Crustaceans, crab, blue, crab cakes	9	2.1
Mollusks, cuttlefish, mixed species, cooked, moist heat	9	2.1
Crustaceans, crayfish, mixed species, wild, cooked, moist heat	9	4.1
Mollusks, clam, mixed species, canned, drained solids	8	2.3
Mollusks, clam, mixed species, raw	8	3.9
Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	7	3.8
Fish, sturgeon, mixed species, smoked	6	1.9
Fish, eel, mixed species, cooked, dry heat	6	1.4
Fish, tuna, yellowfin, fresh, cooked, dry heat	6	2.6
Fish, tuna, fresh, yellowfin, raw	6	3.1
Crustaceans, shrimp, mixed species, cooked, moist heat	4	2.8
Mollusks, oyster, eastern, cooked, breaded and fried	3	1.7
Crustaceans, crab, alaska king, imitation, made from surimi	1	3.5
Fish, roughy, orange, cooked, dry heat	0	3.2

Mollusks, conch, baked or broiled	0	2.6
Fish, mackerel, spanish, cooked, dry heat	0	2.1
Mollusks, whelk, unspecified, raw	0	2.4
Fish, bass, striped, cooked, dry heat	0	2.7
Mollusks, whelk, unspecified, cooked, moist heat	0	1.2
Fish, sunfish, pumpkin seed, cooked, dry heat	0	2.9
Fish, pollock, Atlantic, cooked, dry heat	0	2.8
Fish, burbot, cooked, dry heat	0	2.9
Fish, pike, northern, cooked, dry heat	0	2.9
Fish, pike, walleye, cooked, dry heat	0	2.8
Fish, mackerel, Atlantic, cooked, dry heat	0	1.3
Fish, tuna, skipjack, fresh, cooked, dry heat	0	2.5
Fish, grouper, mixed species, cooked, dry heat	0	2.8
Fish, tuna, fresh, skipjack, raw	0	3.2
Fish, snapper, mixed species, cooked, dry heat	0	2.6
Fish, sea bass, mixed species, cooked, dry heat	0	2.7
Fish, tilefish, cooked, dry heat	0	2.3
Fish, sheepshead, cooked, dry heat	0	2.6
Fish, drum, freshwater, raw	0	2.8
Fish, drum, freshwater, cooked, dry heat	0	2.2
Fish, lingcod, cooked, dry heat	0	3.1
Fish, tuna, fresh, bluefin, cooked, dry heat	0	1.8
Fish, mackerel, king, cooked, dry heat	0	2.5
Fish, mackerel, king, raw	0	3.2
Fish, pout, ocean, cooked, dry heat	0	3.3
Fish, bluefish, cooked, dry heat	0	2.1
Fish, mullet, striped, cooked, dry heat	-1	2.2
Fish, pompano, florida, cooked, dry heat	-1	1.6
Fish, catfish, channel, cooked, breaded and fried	-1	1.5
Fish, gefiltefish, commercial, sweet recipe	-1	4.0
Fish, tuna, white, canned in oil, drained solids	-3	1.8
Fish, catfish, channel, farmed, cooked, dry heat	-3	2.3
Fish, croaker, Atlantic, cooked, breaded and fried	-4	1.5
Fish, salmon, chinook, smoked, (lox), regular	-4	2.8
Mollusks, scallop, mixed species, cooked, breaded and fried	-5	1.5
Mollusks, clam, mixed species, cooked, breaded and fried	-6	1.6
Mollusks, abalone, mixed species, cooked, fried	-7	1.8
Fish, fish portions and sticks, frozen, preheated	-7	1.3
Fish, tuna, light, canned in oil, drained solids	-9	1.7
Fish, tuna, light, canned in oil, without salt, drained solids	-13	1.7
Crustaceans, shrimp, mixed species, cooked, breaded and fried	-18	1.4
Fish, tuna salad	-18	1.8

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