

Do the Numbers on Gulf Fish

Omega-3, Omega-6, Total Fat and Cholesterol by Species

	OMEGA-3	OMEGA-6	TOTAL FAT	CHOLESTEROL
Atlantic croaker	0.33	0.12	1.8	35
Atlantic sharpnose shark	0.10	0.045	0.35	19
Atlantic stingray	0.079	0.042	0.45	34
bay anchovy	0.36	0.063	1.6	170
black drum	0.32	0.18	2.0	58
blackfin tuna	0.88	0.18	3.1	38
blacktip shark	0.087	0.039	0.51	78
blue crab	0.18	0.081	0.79	66
blue runner	0.42	0.078	1.5	58
bluefish	0.51	0.11	2.2	42
cobia	0.46	0.18	2.4	51
dolphin	0.16	0.028	0.54	36
gafftopsail catfish	0.44	0.12	1.9	52
gray snapper	0.13	0.041	0.57	29
gray triggerfish	0.14	0.033	0.47	28
gulf butterfish	0.85	0.17	3.5	44
hardhead catfish	0.20	0.077	1.1	54
harvestfish	0.29	0.074	1.3	32
jack crevalle	0.27	0.087	1.2	44
king mackerel	0.26	0.068	1.4	30
ladyfish	0.16	0.057	0.73	39
lane snapper	0.34	0.11	2.2	34
little tunny	0.89	0.16	3.2	51
pigfish	0.62	0.23	4.3	77
pinfish	0.50	0.18	2.4	52
red drum	0.22	0.10	0.54	36
red porgy	0.12	0.024	0.70	48
red snapper	0.18	0.11	0.71	43
rough scad	0.56	0.098	2.4	42
sand seatrout	0.36	0.078	1.9	58
scaled sardine	0.27	0.061	0.96	76
sheepshead	0.16	0.10	0.81	38
snowy grouper	0.18	0.041	0.71	20
southern flounder	0.10	0.032	0.43	29
southern kingfish	0.28	0.10	2.0	40
southern stingray	0.10	0.053	0.60	63
Spanish mackerel	0.22	0.049	0.89	36
spot	0.74	0.24	5.1	64
spotted seatrout	0.49	0.13	2.0	47
striped anchovy	0.31	0.068	1.1	120
striped bass hybrid	0.46	0.29	1.7	58
striped mullet	0.39	0.20	0.78	42
tilefish	0.13	0.028	0.46	30
vermillion snapper	0.24	0.057	0.84	38

Average omega-3, omega-6, total fat in grams per 100 grams (approx. 3.5 oz or ½ cup) of uncooked fish fillet.

Total cholesterol in mg per 100 grams uncooked fish fillet.