



We all know the benefits of fish and that it is a really nutritious meal. Check out the following - I know you will enjoy.

Approx cals Per oz/28g uncooked			
Cod, Haddock, Hake, Pollock	22	Plaice, Lemon sole & Basa	26
Caviar	26	Prawns (peeled)	30
Cockles/mussels	15/24	Tuna (fresh)	44
Fresh Salmon (smoked)	52 40	Trout (fillet)	39
Kippers (fillet)	75	Sardines (raw)	55
Mackrel (fillet)	63	Scampi (raw/in breadcrumbs)	30/66
Mackrel (smoked)	99	Sea Bass	36
Canned Fish per oz/28g			
Anchovies	79	Salmon pink	36
Crab in brine	22	Sardines in brine	48
Mackerel in tomato sauce	191 per can	Sardines in tomato sauce	197 per can
Oysters (each)	7	Salmon red	44
Pilchard in tomato sauce	36	Tuna in brine or water/oil	30/53
Prepared Fish per pack			
Cod fish cake	80	Lightly dusted Cod/lemon sole & Haddock (113g fillet)	170
Crabsticks	19	Plaice/Lemon sole grilled or poached (150g/5½oz)	150
Cod/Hake in batter	285	Plaice in batter	300
Cod in parsley sauce pkt	144	Kipper	Approx 250
Fish finger cod/salmon	50/63	Smoked Mackerel (100g/3½oz)	350
Kippers boil in the bag	416	Smoked Haddock (6oz /168g Steamed)	160