

Food composition factors for FAOSTAT fish and fishery products

(Values for 100 grams of product)

| COMMODITY | | Calories (No.) | Proteins (Gr.) | Fats (Gr.) | COMMODITY | | Calories (No.) | Proteins (Gr.) | Fats (Gr.) |
|----------------------------------|------------------|-------------------|-------------------|---------------|--|------------------|-------------------|-------------------|---------------|
| Freshwater and diadromous | fresh | 69 | 10.9 | 2.5 | Demersal | fresh | 42 | 8.3 | 0.8 |
| | frozen whole | 69 | 10.9 | 2.5 | | frozen whole | 42 | 8.3 | 0.8 |
| | fillets | 127 | 20.3 | 4.5 | | fillets | 90 | 17.9 | 1.6 |
| | frozen fillets | 127 | 20.3 | 4.5 | | frozen fillets | 90 | 17.9 | 1.6 |
| | cured | 199 | 31.3 | 7.2 | | cured | 186 | 37.9 | 1.9 |
| | canned | 161 | 19.8 | 8.4 | | canned | 173 | 25.0 | 6.3 |
| | preparations nes | 262 | 26.9 | 15.0 | | preparations nes | 320 | 25.0 | 23.5 |
| Pelagic | fresh | 86 | 12.6 | 3.6 | Marine fish other | fresh | 64 | 10.3 | 2.2 |
| | frozen whole | 86 | 12.6 | 3.6 | | frozen whole | 64 | 10.3 | 2.2 |
| | fillets | 141 | 20.2 | 6.0 | | fillets | 115 | 19.0 | 3.8 |
| | frozen fillets | 141 | 20.2 | 6.0 | | frozen fillets | 115 | 19.0 | 3.8 |
| | cured | 156 | 26.4 | 4.5 | | cured | 169 | 32.1 | 3.2 |
| | canned | 185 | 20.8 | 10.2 | | canned | 179 | 22.9 | 8.2 |
| | preparations nes | 318 | 44.2 | 13.6 | | preparations nes | 132 | 17.5 | 5.0 |
| Crustaceans | fresh | 47 | 9.3 | 0.5 | Molluscs, excl. cephalopods | fresh | 15 | 2.3 | 0.2 |
| | frozen | 91 | 18.4 | 0.8 | | frozen | 71 | 10.5 | 1.2 |
| | cured | 149 | 25.4 | 1.3 | | cured | 345 | 49.4 | 4.7 |
| | canned | 98 | 19.8 | 1.1 | | canned | 98 | 14.9 | 2.6 |
| | preparations nes | 113 | 19.5 | 1.8 | | | | | |
| Cephalopods | fresh | 66 | 13.5 | 0.7 | Aquatic animals, others | fresh | 30 | 4.0 | 0.2 |
| | frozen | 74 | 15.1 | 0.9 | | cured | 33 | 5.5 | 0.1 |
| | cured | 341 | 61.6 | 6.2 | | preparations nes | 168 | 11.5 | 3.8 |
| | canned | 137 | 20.8 | 2.8 | | | | | |
| | preparations nes | 130 | 20.8 | 1.5 | | | | | |