

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					