

The following items from our menu are featured in the books *Healthy Dining in Orange County* and *Healthy Dining in Los Angeles*. Check-marks (✓✓ and ✓) provide an easy way to identify entrees that meet nutrition guidelines which are recommended by leading health organizations for calories, fat, cholesterol, and/or sodium.



FRESH FISH

Analyses for 8 oz. portions (except lobster) are listed in the table below.

Each is served with 2 side dishes – fresh broccoli and sliced tomatoes recommended (see analysis below).

Note: Carbohydrate values for fish and other seafood shown below are essentially 0.

| | Calories | Fat (g) | Cholesterol (mg) | Sodium (mg) | Protein (g) |
|-------------------------------|----------|---------|------------------|-------------|-------------|
| Orange Roughy | ✓✓ 150 | ✓✓ 2 | ✓✓ 45 | ✓✓ 140 | 32 |
| Lingcod | ✓✓ 190 | ✓✓ 2 | ✓ 115 | ✓✓ 130 | 39 |
| Mahi Mahi | ✓✓ 195 | ✓✓ 2 | 165 | ✓✓ 200 | 42 |
| Ahi Tuna | ✓✓ 220 | ✓✓ 2 | ✓ 90 | ✓✓ 75 | 48 |
| Lobster Tail (without butter) | ✓✓ 265 | ✓✓ 2 | 195 | 1025 | 56 |
| Lobster (without butter) | ✓✓ 445 | ✓✓ 3 | 325 | 1725 | 93 |
| Monkfish | ✓✓ 165 | ✓✓ 3 | ✓✓ 55 | ✓✓ 40 | 32 |
| Red Snapper | ✓✓ 225 | ✓✓ 3 | ✓ 85 | ✓✓ 100 | 47 |
| Walleye Pike | ✓✓ 270 | ✓✓ 4 | 250 | ✓✓ 150 | 56 |
| Halibut | ✓✓ 245 | ✓✓ 5 | ✓✓ 75 | ✓✓ 125 | 47 |
| Seabass | ✓✓ 280 | ✓✓ 6 | ✓ 120 | ✓✓ 200 | 54 |
| Rainbow Trout | ✓✓ 270 | ✓✓ 8 | ✓ 130 | ✓✓ 60 | 47 |
| Shark | ✓✓ 265 | ✓✓ 9 | ✓ 105 | ✓✓ 160 | 43 |
| Swordfish | ✓✓ 275 | ✓✓ 9 | ✓ 90 | ✓✓ 205 | 45 |
| Bluefin Tuna | ✓✓ 295 | ✓✓ 10 | ✓ 80 | ✓✓ 80 | 48 |
| Yellowtail | ✓✓ 300 | ✓✓ 11 | ✓ 115 | ✓✓ 80 | 47 |
| Atlantic Salmon | ✓✓ 315 | ✓✓ 14 | ✓ 120 | ✓✓ 95 | 44 |
| Mississippi Catfish | ✓✓ 345 | ✓ 18 | ✓ 145 | ✓✓ 180 | 42 |
| King Salmon | ✓✓ 365 | ✓ 21 | ✓ 135 | ✓✓ 95 | 41 |

SLICED TOMATOES AND FRESH BROCCOLI

CALORIES: 35, FAT: ½ g, CHOLESTEROL: 0 mg, SODIUM: 30 mg, Fiber: 3 g

EXCHANGES: ¼ Veg; PROTEIN: 3 g, CARBOHYDRATE: 7 g

✓✓ Excellent Choice ✓ Good Choice

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