Cod: 3oz Portion

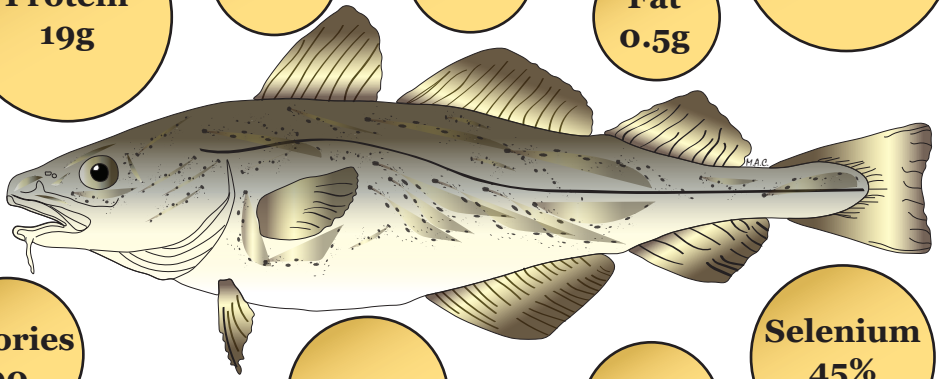
Protein
19g

Omega-3
128mg

Saturated Fat 0g

Fat
0.5g

Sodium
65mg



Calories
90

Cholesterol
45mg

Trans-Fat
0g

Selenium
45%

www.seafoodhealthfacts.org