

# Vitamins and Minerals

## Vitamin Content of Fish and Shellfish

(Per 100g raw edible portion unless otherwise specified)

Type of Seafood	Vitamin A mcg	Vitamin D mcg	Vitamin E mcg	Vitamin B1 mcg	Vitamin B2 mcg	Vitamin B6 mcg	Vitamin B12 mcg
<i>Cod</i>	2	tr	0.44	0.04	0.05	0.18	1
<i>Haddock</i>	tr	tr	0.39	0.04	0.07	0.39	1
<i>Plaice</i>	tr	tr	n	0.20	0.19	0.22	1
<i>Herring</i>	44	19	0.76	0.01	0.26	0.44	13
<i>Mackerel</i>	45	19	0.43	0.14	0.29	0.41	8
<i>Tuna</i>	26	7.2	n	0.10	0.13	0.38	4
<i>Salmon</i>	13	5.9	1.91	0.23	0.13	0.75	4
<i>Trout (Rainbow)</i>	49	10.6	0.71	0.20	0.11	0.34	5
<i>Oyster</i>	75	1	0.85	0.15	0.19	0.16	17
<i>Mussel</i>	n	tr	0.74	0.02	0.35	0.08	19
<i>Lobster (boiled)</i>	tr	tr	1.47	0.08	0.05	0.08	3
<i>Crab (boiled)</i>	tr	tr	n	0.07	0.86	0.16	tr
<i>Prawn</i>	tr	tr	2.85	0.04	0.12	0.05	7

tr= trace amounts only;

n= data not available;

mg= milligrams;

mcg= micrograms

Source:

Holland, B., Brown, J., & Buss, D.II., 1993. Fish and Fish Products; the third supplement to McCance & Widdowson's The Composition of Foods (5th Edition), HMSO, London.

Food Standards Agency (2002) McCance & Widdowson's The Composition of Foods Sixth summary edition. Cambridge: Royal Society of Chemistry.