

Table S1 The protein content in different species of fish and finfish*

Species	Protein content (%)	Species	Protein content (%)
Anchovy, European	20.35	Salmon, chum	20.14
Bass, striped	17.73	Salmon, coho	21.62
Bluefish	20.04	Salmon, pink	20.50
Burbot	19.31	Salmon, sockeye	21.31
Butterfish	17.28	Sea bass	18.43
Carp	17.83	Scup	18.88
Catfish, channel	16.38	Shad, American	16.93
Cisco	18.99	Sheepshead	20.21
Cod, Atlantic	17.81	Smelt, rainbow	17.63
Cod, Pacific	15.27	Snapper	20.51
Croaker, Atlantic	17.78	Spot	18.51
Cusk	18.99	Sturgeon	16.14
Dolphinfish	18.50	Sucker, white	16.76
Drum	17.54	Sunfish, pumpkin seed	19.40
Eel	18.44	Surimi	15.18
Flatfish	12.41	Swordfish	19.66
Grouper	19.38	Tilefish	17.50
Haddock	16.32	Trout	20.77
Halibut, Atlantic & Pacific	18.56	Tuna, bluefin	23.33
Halibut, Greenland	14.37	Tuna, skipjack	22.00
Herring, Atlantic	17.96	Turbot, European	16.05
Herring, Pacific	16.39	Whiting	18.31
Ling	18.99	Wolffish, Atlantic	17.50
Lingcod	17.66	Yellowtail	23.14
Mackerel, Atlantic	18.60	Crab, Alaska king	18.29
Mackerel, spanish	19.29	Crab, blue	18.06
Milkfish	20.53	Crab, dungeness	17.41
Mullet, striped	19.35	Crab, queen	18.50
Ocean perch, Atlantic	15.31	Lobster, northern,	16.52
Pout, ocean,	16.64	Shrimp	13.61
Pike, northern	19.26	Abalone	17.10
Pollock, Atlantic	19.44	Clam	14.67
Pollock, walleye	12.19	Cuttlefish	16.24
Pompano, florida	18.48	Mussel	11.90
Rockfish, Pacific	18.36	Octopus	14.91
Roe	22.32	Oyster, eastern	5.71
Roughy, orange	16.41	Oyster, Pacific,	9.45
Sablefish	13.41	Scallop	12.06
Salmon, Atlantic	19.84	Squid	15.58
Salmon, Chinook	19.93	Whelk	23.84

* Data from USDA Nutrient Database for Standard Reference, Nutrient Data Laboratory (2011).