



*Nutritional Value  
of Local Foods on the*  
**Lower North Shore**

2006

*Produced by: Jocelyne Jones, Nutritionist*

*Edited by: Priscilla Fequet Griffin, Coordinator & Cornella Maurice, Executive Director*

*Illustrations by: Lori-Lee Thomas*

*Copyright © 2006 Coasters Association*

*The financial support provided by the Public Health Agency of Canada to make this guide possible is greatly appreciated.*

*No changes permitted. Reprint permission not required.*



Public Health  
Agency of Canada

Agence de santé  
publique du Canada

Canada

## *Foreword*

Through the project: “A Healthy Alternative Lifestyle”, I have had the opportunity to work on many objectives in Nutrition which I believe to be very important for the residents of the Lower North Shore. I take these objectives very seriously, not only because I am a nutritionist, but being a resident of the Lower North Shore, they are closer to my heart.

The following document is important in underlining the nutrient content of the local foods of the Lower North Shore. Many of the foods have a nutritional richness, and it is essential that it is recognized by the residents of the Lower North Shore.

A special thank-you must go to the Public Health Agency of Canada for their financial support, and for recognizing the importance of nutrition in everyday life. Thanks must also go out to the Coasters Association for engaging in such a project. Finally, a very special thank-you to the partners who supported and guided us throughout every aspect of the project.



# Table of Contents

<b>Introduction</b> .....	1
Facts about the nutrients.....	1
Explanation of the tables.....	2
<b>Nutritional value of local foods</b> .....	3
Nutritional value of Wildberries.....	3
Nutritional value of Vegetables.....	6
Nutritional value of Wild meats.....	7
Nutritional value of Seafood.....	10
Nutritional value of Fish.....	14
<b>Conclusion</b> .....	21
<b>References</b> .....	22





# Introduction

The Lower North Shore offers a wide range of wild berries, rhubarb, wild meats, seafood and fish that have an impressive nutritional value, some of which will be highlighted in this booklet. The residents of the Lower North Shore have access to many foods that are very nutritious and it is important that they know exactly what blueberries, seal, lobster, salmon, etc, can offer them on a nutritional basis, thus providing them the knowledge to make healthier food choices for themselves and their families.

## Facts about the nutrients

The nutrients were chosen according to their availability in the reference tables, taken from the different nutrient files, but also according to the type of food being described.

For **Wild Berries**, the tables contains information on calories, the three main macronutrients (carbohydrate, protein, fat), cholesterol, dietary fibre, vitamins (vitamins B6, A, C, E, folate, thiamin, riboflavin, niacin) and minerals (calcium, iron, zinc, magnesium, sodium and potassium).

For **Rhubarb**, the table contains information on calories, the three main macronutrients (carbohydrate, protein, fat), cholesterol, dietary fibre, vitamins (vitamins B6, A, C, E, folate, thiamin, riboflavin, niacin) and minerals (calcium, iron, zinc, magnesium, sodium and potassium).

For **Wild Meats**, the tables contains information on calories, carbohydrate, protein, total fat, saturated fat, cholesterol, vitamins (vitamins B6, A, C, B12, folate, thiamin, riboflavin, niacin) and minerals (calcium, iron, zinc, magnesium, sodium, potassium).

For **Seafood**, the tables contains information on calories, carbohydrate, protein, total fat, saturated fat, cholesterol, vitamins (vitamins B6, A, C, B12, folate, thiamin, riboflavin, niacin) and minerals (calcium, iron, zinc, magnesium, sodium, potassium).

For **Fish**, the tables contains information on calories, carbohydrate, protein, total fat, marine omega-3 fat, cholesterol, vitamins (vitamins B6, A, C, B12, folate, thiamin, riboflavin, niacin) and minerals (calcium, iron, zinc, magnesium, sodium, potassium).





## Explanation of the tables

Energy is given in the tables in terms of kilocalories, calories “cal ”. Energy is the total amount of carbohydrates + proteins + fats. The body needs these three main macronutrients to function properly. Carbohydrates, proteins, total fat, saturated or omega-3 fats are given in grams. Dietary fibre is also given in grams.

Other nutrients such as cholesterol, vitamins and minerals are given in one of the following units:

Mg = Milligrams

µg or mcg = Micrograms

IU = International units

NE = Niacin equivalents

N/A = not available

ER = Retinol equivalence

For each local food presented in this document, there is some data that specifies if the foods are a source, good source or excellent source of the different nutrients listed. The expression “excellent source of” indicates that a portion of the food provides more than or exactly 25% of the recommended daily intake (RDI), except for vitamin C, more than or exactly 50% of the RDI for vitamin C. The expression “good source of” indicates that a portion of a food provides more than or equals 15% of the RDI, except for vitamin C, more than or equals 30% of the RDI. The expression “source of” specifies that a portion of food provides more than or exactly 5% of the RDI for the vitamins and minerals listed.<sup>1</sup>

This data is based on the recommended daily intakes (RDIs) used by the Canadian Food Inspection Agency for nutritional labelling which differs from the data of the National Academy of Press based on the Dietary Reference Intakes (DRIs). However, both data is pertinent in given an idea of the amount of nutrients presented in the different foods listed in this document.



## *Nutritional Value of local foods*

### **Wild Berries...**

These little treasures have many nutritional advantages. They are filled with different vitamins and minerals, they are low in fat and are a source of fibre. They are also sources of antioxidants such as vitamin A, C, E and zinc. However, on the Lower North Shore, there is a wide variety of wildberries and each and every one of them have their own nutritional value.

#### Bakeapples:



Bakeapples also known as “cloudberry” or in french “Chicoutai”, are shaped like a cloud. They have a sour taste, but are enjoyed in different types of desserts whether it is a pie, jam, crumble, parfait or simply eaten fresh. Bakeapples may also be used to make liquor. But what is the nutritional value of these little orange berries?

BERRY	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	CHOLESTEROL (MG)	DIETARY FIBRE (GRAMS)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Bakeapples <sup>2</sup> raw	100 grams	41,9	7,8	1,4	0,5	N/A	6,3	16	N/A	N/A	<0,1
	MEASURE (GRAMS)	VITAMIN A (µg)	VITAMIN C (MG)	VITAMIN E (MG)	FOLATE (µg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (MG)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Bakeapples, raw	100 grams	29	100	3,1	N/A	0,06	0,07	0,5	29	1,5	0,2

Bakeapples are a source of vitamin B6 and magnesium. They are also an excellent source of dietary fibre, vitamin C and vitamin E.



Blackberries:

Blackberries are known in french as “graines noires”, they have a very sour taste and are used to make pies, jams, puddings, etc.

BERRY	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	CHOLESTEROL (MG)	DIETARY FIBRE (GRAMS)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Blackberries <sup>4</sup> raw	76 grams	40	10	1	traces	0	3,8	24	0,4	0,2	0,04
	MEASURE (GRAMS)	VITAMIN A (IU)	VITAMIN C (MG)	VITAMIN E (MG)	FOLATE (µg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Blackberries, raw	76 grams	126	16	N/A	26	0,02	0,03	0,4	N/A	0	149

Blackberries are a source of dietary fibre, vitamin C and folate.



Blueberries:

Blueberries are almost everyone’s favorite! In french they are called “bleuets” and can be used in a wide variety of recipes.

BERRY	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	CHOLESTEROL (MG)	DIETARY FIBRE (GRAMS)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Blueberries <sup>3</sup> , raw	100 grams	56	14,1	0,7	0,4	0	2,6	6	0,17	0,11	0,036
	MEASURE (GRAMS)	VITAMIN A (ER)	VITAMIN C (MG)	VITAMIN E (MG)	FOLATE (mcg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Blueberries, raw	100 grams	10	13	N/A	6,4	0,05	0,05	0,4	5	6	89

Blueberries are a source of dietary fibre and vitamin C.



Raspberries:

Raspberries are called “framboises” in french. They have a sweet taste and contain little seeds.

BERRY	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	CHOLESTEROL (MG)	DIETARY FIBRE (GRAMS)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Raspberries <sup>3</sup> , raw	100 grams	49	11,6	0,9	0,6	0	4,9	22	0,57	0,46	0,057
	MEASURE (GRAMS)	VITAMIN A (RE)	VITAMIN C (MG)	VITAMIN E (MG)	FOLATE (mcg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Raspberries, raw	100 grams	13	25	N/A	26,0	0,03	0,09	1,1	18	0	152

Raspberries are a source of zinc, folate, riboflavin, magnesium and a good source of vitamin C and dietary fibre.



Redberries:

Redberries are called graine or baie rouge in french. They have a sour taste and are enjoyed in many types of desserts, such as, pies, puddings, and jams, etc.

BERRY	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	CHOLESTEROL (MG)	DIETARY FIBRE (GRAMS)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Redberries <sup>2</sup> , raw	100 grams	33,8	6,8	0,4	0,5	N/A	2,6	22	N/A	N/A	0,01
	MEASURE (GRAMS)	VITAMIN A (µg)	VITAMIN C (MG)	VITAMIN E (MG)	FOLATE (µg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (mg)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Redberries, raw	100 grams	1,5	5	1,6	N/A	0,05	0,04	0,3	9	0,2	<0,1

Redberries are a source of dietary fibre, vitamin C and are also a good source of vitamin E.



Meshberries:

Meshberries look alot like redberries, but they are not so sour and are also enjoyed in a wide range of desserts.

BERRY	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	CHOLESTEROL (MG)	DIETARY FIBRE (GRAMS)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	vitamin b6 (mg)
Meshberries <sup>2</sup> , raw	100 grams	22	3,5	0,4	0,7	N/A	3,3	13	N/A	N/A	0,04
	MEASURE (GRAMS)	VITAMIN A (µg)	VITAMIN C (MG)	VITAMIN E (MG)	FOLATE (µg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (mg)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Meshberries, raw	100 grams	3,6	1	1	N/A	0,03	0,02	0,2	8	0,9	0,2

Meshberries are a source of dietary fibre and vitamin E.

## Vegetables...

Vegetables are low in calories and low in fat; they are often a good source of fibre and are filled with different vitamins and minerals important for good health. A common vegetable grown on the Lower North Shore is the rhubarb.



### Rhubarb

Rhubarb has the same name in French as in English, “Rhubarbe”, the only difference is the “e” at the end in french. It is classified as a vegetable, but it is most often eaten as a fruit.

VEGETABLE	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	CHOLESTEROL (MG)	DIETARY FIBRE (GRAMS)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Rhubarb, raw <sup>3</sup> , in cubes	100 grams	21	4,5	0,9	0,2	0	1,8	86	0,22	0,10	0,024
	MEASURE (GRAMS)	VITAMIN A (RE)	VITAMIN C (MG)	VITAMIN E (MG)	FOLATE (mcg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)

Rhubarb, raw, in cubes	100 gram	10	8	N/A	7,1	0,02	0,03	0,5	12	4	288
------------------------	----------	----	---	-----	-----	------	------	-----	----	---	-----

Rhubarb is a source of dietary fibre, calcium, vitamin C and potassium.

## Wild Meats...

People from the Lower North Shore love to eat wild meats. The meat is mainly red, but it's nutritional value is somewhat different from the standard beef. Some wild meats are low in fat and are filled with different nutrients. To maintain a healthy heart it is recommended to limit your cholesterol intake to less than 300 mg per day, therefore take a good look at the amount of cholesterol given for the local foods presented in the following pages, and remember that cholesterol can only be found in animal products.

### Duck:



Lower North Shore residents love to eat wild duck, but what is it's nutritional value?

WILD MEATS	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	SATURATED FAT (GRAMS)	CHOLESTEROL (MG)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Wild duck <sup>3</sup> , breast, raw	100 grams	123	0	19,9	4,2	1,32	77	3	4,51	0,74	0,630
	MEASURE (GRAMS)	VITAMIN A (RE)	VITAMIN C (MG)	VITAMIN B12 (mcg)	FOLATE (mcg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Wild duck, breast, raw	100 grams	16	6	0,76	25,0	0,42	0,31	8,0	22	57	268

Wild duck has 30% less fat than domestic duck. Wild duck is a source of protein, zinc, folate and potassium and a good source of riboflavin. It is also an excellent source of iron, vitamin B6, thiamin, niacin and vitamin B12. Like most meat, ducks contain cholesterol and saturated fat.

### Seal:



Seal meat is often enjoyed by many residents of the Lower North Shore in a stew, fried, etc. Seal meat is rich in many nutrients, from zinc to iron, etc.

WILDMEATS	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	SATURATED FAT (GRAMS)	CHOLESTEROL (MG)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Seal, boiled <sup>4</sup>	100 grams	180	0	31	3	N/A	39	13	27	3,6	0,88
	MEASURE (GRAMS)	VITAMIN A (IU)	VITAMIN C (MG)	VITAMIN B12 (µg)	FOLATE (µg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Seal, boiled	100 grams	15	1	N/A	3	0,10	0,46	9,6	N/A	126	N/A

Seal meat is a good source of protein and an excellent source of iron, zinc and complex B vitamins (vitamin B6, niacin and riboflavin). It also contains total fat and a relatively low amount of cholesterol. It is a source of thiamin and sodium; therefore, there is no need to add much salt while cooking.



Caribou:



Caribou is another red meat that is filled with different nutrients.

WILDMEATS	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	SATURATED FAT (GRAMS)	CHOLESTEROL (MG)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Caribou <sup>3</sup> , roasted	100 grams	167	0	29,8	4,4	1,70	109	22	6,17	5,26	0,320
	MEASURE (GRAMS)	VITAMIN A (RE)	VITAMIN C (MG)	VITAMIN B12 (mcg)	FOLATE (mcg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Caribou, roasted	100 grams	0	3	6,64	5,0	0,25	0,90	13,4	27	60	310

Caribou meat is a good source of protein, vitamin B6 and thiamin. It is a source of vitamin C, magnesium and potassium and also an excellent source of iron, zinc, vitamin B12, riboflavin and niacin. It contains total fat, saturated fat and cholesterol.

Moose:



Moose meat can be used to make stews, steaks, roasts, etc, and it's nutritional value is also very interesting.

WILDMEATS	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	SATURATED FAT (GRAMS)	CHOLESTEROL (MG)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Moose <sup>3</sup> , roasted	100 grams	134	0	29,3	1	0,29	78	6	4,22	3,68	0,370
	MEASURE (GRAMS)	VITAMIN A (RE)	VITAMIN C (MG)	VITAMIN B12 (mcg)	FOLATE (mcg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Moose, roasted	100 grams	0	5	6,31	4,0	0,05	0,34	10,6	24	69	334

Moose meat is a good source of protein, vitamin B6, riboflavin and a source of vitamin C, magnesium and potassium. It is an excellent source of iron, zinc, vitamin B12 and niacin. It is low in total fat and contains some saturated fat and cholesterol.

Goose:



Goose is often stuffed and baked for Christmas or Easter holidays by the residents of the Lower North Shore. Please note that the nutritional value given in the following table is for **domesticated goose and not the wild goose**, which may be different from the nutritional value of the Lower North Shore wild goose.

WILDMEATS	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	SATURATED FAT (GRAMS)	CHOLESTEROL (MG)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Domesticated <sup>3</sup> goose, light and dark meat, roasted	100 grams	238	0	29,0	12,5	4,56	96	14	2,87	3,17	0,470
	MEASURE (GRAMS)	VITAMIN A (IU)	VITAMIN C (MG)	VITAMIN B12 (mcg)	FOLATE (mcg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Domesticated goose, light and dark meat, roasted	100 grams	118	0	0,49	11,8	0,09	0,39	10,8	25	76	388

Goose meat is a good source of protein, iron, vitamin B12 and riboflavin. It is a source of thiamin, folate, magnesium and potassium and an excellent source of zinc, vitamin B6 and niacin. However, it contains a significant amount of total fat and saturated fat. Therefore, moderation is key when it comes to consuming goose. Goose is also a source of cholesterol.



Rabbit:

Rabbit is often roasted, used in soups or stews by the residents of the Lower North Shore, but what is its nutritional value?

WILDMEATS	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	SATURATED FAT (GRAMS)	CHOLESTEROL (MG)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Wild <sup>3</sup> rabbit stewed	100 grams	173	0	33,0	3,5	1,05	123	18	4,85	2,38	0,340
	MEASURE (GRAMS)	VITAMIN A (RE)	VITAMIN C (MG)	VITAMIN B12 (mcg)	FOLATE (mcg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Wild rabbit, stewed	100 grams	0	0	6,51	8,0	0,02	0,07	13,7	31	45	343

Rabbit meat is a good source of protein and vitamin B6. It is a source of magnesium and potassium and an excellent source of iron, zinc, vitamin B12 and niacin. Rabbit meat contains a certain amount of total fat, saturated fat and a significant amount of cholesterol.

## Seafood...

The nutritional value of most seafoods may vary from one specie to another, but in general they are all low in fat and have a respectful amount of protein.

### Shellfish



#### Shrimp:

Shrimp can be used in a wide variety of cooked or uncooked dishes. They have an interesting nutritional value! However, people with high cholesterol must control their consumption of shrimp, because it contains alot of cholesterol.

SHELLFISH	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	SATURATED FAT (GRAMS)	CHOLESTEROL (MG)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Shrimp <sup>3</sup> , boiled or steamed	100 grams	99	0	20,9	1,1	0,29	195	39	3,09	1,56	0,127
	MEASURE (GRAMS)	VITAMIN A (RE)	VITAMIN C (MG)	VITAMIN B12 (mcg)	FOLATE (mcg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Shrimp, boiled or steamed	100 grams	66	2	1,49	8,5	0,03	0,03	7,4	34	224	182

Shrimp is a good source of iron, zinc and an excellent source of vitamin B12 and niacin. They are also a source of protein, vitamin B6, vitamin A, magnesium and potassium. Like most seafood, shrimp is a source of sodium, therefore, there is no need to add extra salt at the table or while cooking. Shrimp is also low in fat, but contains a great amount of cholesterol.

Lobster:



This is probably one of the most valuable resources of the Lower North Shore. It's great light taste is a favourite of many.

SHELLFISH	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	SATURATED FAT (GRAMS)	CHOLESTEROL (MG)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Lobster <sup>3</sup> , boiled or steamed	100 grams	98	1,3	20,5	0,6	0,11	72	61	0,39	2,92	0,077
	MEASURE (GRAMS)	VITAMIN A (RE)	VITAMIN C (MG)	VITAMIN B12 (mcg)	FOLATE (mcg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Lobster, boiled or steamed	100 grams	26	0	3,11	9,0	0,01	0,07	5,8	35	380	352

Lobster meat is a source of protein, calcium, magnesium and potassium. It is also an excellent source of zinc, vitamin B12 and niacin. Like many types of seafood it is low in fat, but still contains a little amount of saturated fat and cholesterol. Lobster meat is also a good source of sodium; therefore, those of you who have high blood pressure should limit their consumption.

Crab:



Crab can also be eaten in many different ways, but there is nothing like a crab sandwich! Now let's talk nutritional value:

SHELLFISH	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	SATURATED FAT (GRAMS)	CHOLESTEROL (MG)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Snow crab <sup>3</sup> , boiled or steamed	100 grams	115	0	23,7	1,5	0,18	71	33	2,88	3,59	0,173
	MEASURE (GRAMS)	VITAMIN A (RE)	VITAMIN C (MG)	VITAMIN B12 (mcg)	FOLATE (mcg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Snow crab, boiled or steamed	100 grams	52	7	10,38	42,0	0,10	0,24	8,4	63	691	200

Crab meat is a good source of protein, iron, folate, riboflavin and a source of vitamin B6, vitamin A, vitamin C, thiamin and potassium. It is also an excellent source of zinc, niacin, vitamin B12 and magnesium. Crab is low in fat and contains little amounts of saturated fat and cholesterol. It is an excellent source of sodium, which means it contains a lot of sodium, therefore, moderation is advised, especially for those with high blood pressure.

## Molluscs

### Mussels:



Mussels are most often steamed and eaten with white sauce or garlic butter, but it also tastes great on its own. Mussels have an interesting nutritional value.

MOLLUSCS	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	SATURATED FAT (GRAMS)	CHOLESTEROL (MG)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Mussels <sup>3</sup> , boiled or steamed	100 grams	172	7,4	23,8	4,5	0,85	56	33	6,72	2,67	0,100
	MEASURE (GRAMS)	VITAMIN A (RE)	VITAMIN C (MG)	VITAMIN B12 (mcg)	FOLATE (mcg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Mussels, boiled or steamed	100 grams	91	14	24,0	75,6	0,30	0,42	7,4	37	369	268

Mussels are a good source of protein, vitamin C, thiamin and an excellent source of iron, zinc, riboflavin, vitamin B12, folate and niacin. They are also a source of vitamin B6, vitamin A, magnesium and potassium. Mussels contain more fat than other seafood, but their fat content is still relatively low. Like other seafoods they are a good source of sodium. They also contain little amounts of saturated fat and cholesterol.

### Clams:



Residents of the Lower North Shore usually go digging for clams and fry them, or cook them in a stew or a soup, ...but what is their nutritional value?

MOLLUSCS	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	SATURATED FAT (GRAMS)	CHOLESTEROL (MG)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Clams <sup>3</sup> , boiled or steamed	100 grams	148	5,1	25,5	2,0	0,19	67	92	27,96	2,73	0,110
	MEASURE (GRAMS)	VITAMIN A (RE)	VITAMIN C (MG)	VITAMIN B12 (mcg)	FOLATE (mcg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Clams, boiled or steamed	100 grams	171	22	98,89	28,8	0,15	0,43	8,1	18	112	628

Clams are a good source of protein, potassium, vitamins A and C and a source of calcium, vitamin B6, folate, thiamin and magnesium. They are also an excellent source of iron, zinc, vitamin B12, riboflavin and niacin. They contain a small amount of total fat and saturated fat, but contains a certain amount of cholesterol. They are also a source of sodium, but compared to other seafood, they have alot less sodium per portion.

Scallops:



Scallops like many of the other seafoods can be used in a wide variety of dishes, but what is their nutritional value?

MOLLUSCS	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	SATURATED FAT (GRAMS)	CHOLESTEROL (MG)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Scallops <sup>4</sup> , boiled or steamed	75 grams	72	2,0	11	2,0	N/A	21	17	0,2	0,6	0,09
	MEASURE (GRAMS)	VITAMIN A (IU)	VITAMIN C (MG)	VITAMIN B12 (µg)	FOLATE (µg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Scallops, boiled or steamed	75 grams	101	2	N/A	5	0,01	0,04	2,5	N/A	280	189

Scallops are a source of zinc, vitamin B6, niacin, sodium and potassium. Unlike other seafoods listed, scallops are not rich in protein or iron, but they still contain a small amount of these two nutrients. They contain little fat and a significantly low amount of cholesterol.

## Fish...

First of all, we are going to separate the lean fish from the fatty fish. Why? Well the name says it all, one has more fat than the other, but that's not all. They often have a different taste, color and texture. Fish is a great source of protein and even the fatty fish is good for your health, because it contains marine omega-3 fats which help to reduce the risk of heart disease.

### *Lean fish*

#### Fresh Cod fish:



Fresh cod fish is probably the most popular fish on the Lower North Shore, but does it's nutritional value equal to it's great taste?

LEAN FISH	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	MARINE OMEGA-3 FAT (GRAMS)	CHOLESTEROL (MG)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Cod fish <sup>3</sup> , baked or grilled	100 grams	105	0	22,8	0,9	0,15	55	14	0,49	0,58	0,283
	MEASURE (GRAMS)	VITAMIN A (RE)	VITAMIN C (MG)	VITAMIN B12 (mcg)	FOLATE (mcg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Cod fish, baked or grilled	100 grams	14	1	1,05	11,1	0,09	0,08	6,8	42	78	244

Cod fish is a source of zinc, folate, thiamin, riboflavin and potassium and a good source of protein, vitamin B6 and magnesium. It is also an excellent source of vitamin B12 and niacin. Fresh cod fish is very low in fat and contains little amounts of marine omega-3 fat, cholesterol and sodium.

Salted and Dried cod fish:



Cod fish is one of the most popular fish of the Lower North Shore, but residents prefer it when cod fish is salted and dried. Nothing like fish cakes made with salt cod, what a treat!

LEAN FISH	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	MARINE OMEGA-3 FAT (GRAMS)	CHOLESTEROL (MG)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Cod fish <sup>3</sup> , salted and dried	100 grams	290	0	62,8	2,4	0,43	152	160	2,50	1,59	0,864
	MEASURE (GRAMS)	VITAMIN A (RE)	VITAMIN C (MG)	VITAMIN B12 (mcg)	FOLATE (mcg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Cod fish, salted and dried	100 grams	42	4	10,0	24,7	0,27	0,24	19,2	133	7027	1458

Dried and salted cod fish have completely different nutritional value when compared to fresh cod fish, but which is better? It all depends on what you are watching out for in your diet. Once cod fish is dried and salted, it has twice the calories, total fat, marine omega-3 fat, cholesterol and even protein than the traditional fresh cod fish. It is a source of calcium, vitamin C, folate and a good source of iron, zinc, thiamin and riboflavin. It is also an excellent source of protein, vitamin B6, vitamin B12, niacin, magnesium and potassium. But it is important to consider that dried **salted** cod fish contains a very high amount of sodium, so if you have high blood pressure, moderation is the best way to go when it comes to its consumption!

Sole:



This fish is a lean fish and it has its own specific nutritional value.

LEAN FISH	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	MARINE OMEGA-3 FAT (GRAMS)	CHOLESTEROL (MG)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Sole <sup>4</sup> , roasted or grilled	127 grams	149	0	31	2	N/A	86	23	0,4	0,8	0,30
	MEASURE (GRAMS)	VITAMIN A (IU)	VITAMIN C (MG)	VITAMIN B12 (µg)	FOLATE (µg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Sole, roasted or grilled	127 grams	48	0	N/A	12	0,10	0,14	8,5	N/A	133	437



Flatfish; also known as sole is a good source of protein and has little fat, but contains a certain amount of cholesterol. It is a source of zinc, folate, thiamin, riboflavin and potassium. It is a good source of vitamin B6 and an excellent source of niacin. Like many fish, it is a source of sodium.

## *Fatty fish*

There are 2 categories of fatty fish<sup>5</sup>. There are the fatty fish and the semi-fatty fish. The fatty fish contains 10% fat and more compared to the semi-fatty fish that contains 1 to 10% fat. Some sources consider that fish with up to 4% fat can be categorized as lean fish, which is why we are separating the semi-fatty fish category in two groups.

### Salmon:



Salmon is one of the fish that has in the last couple of years gained a lot of popularity. Why? Because it is filled with good fat, called marine omega-3 fat. So bring out the barbecue and grill some great salmon instead of those ordinary hamburgers!

Fatty Fish	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	MARINE OMEGA-3 FAT (GRAMS)	CHOLESTEROL (MG)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Atlantic salmon <sup>3</sup> , baked or grilled	100 grams	182	0	25,4	8,1	1,84	71	15	1,03	0,82	0,944
	MEASURE (GRAMS)	VITAMIN A (RE)	VITAMIN C (MG)	VITAMIN B12 (mcg)	FOLATE (mcg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Atlantic salmon, baked or grilled	100 grams	13	0	3,05	29,0	0,28	0,49	14,8	37	56	628

Salmon is a good source of protein and a source of fat, but most importantly a source of marine omega-3 fat. It also contains a certain amount of cholesterol and sodium, but its sodium content is a little bit less than some other fish. Salmon is a source of iron, zinc, folate and magnesium and an excellent source of vitamin B6, vitamin B12, riboflavin and niacin. Finally, it is a good source of thiamin and potassium.

Mackerel:



Mackerel is another fatty fish that is enjoyed by the residents of the Lower North Shore.

FATTY FISH	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	MARINE OMEGA-3 FAT (GRAMS)	CHOLESTEROL (MG)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Mackerel <sup>4</sup> , baked or broiled	88 grams	231	0	21	16	N/A	66	13	1,4	0,8	0,40
	MEASURE (GRAMS)	VITAMIN A (IU)	VITAMIN C (MG)	VITAMIN B12 (µg)	FOLATE (µg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Mackerel, baked or broiled	88 grams	158	traces	N/A	1	0,14	0,36	9,9	N/A	73	353

Mackerel is a source of protein and has a significant amount of total fat. It also has a certain amount of cholesterol and sodium. It is a source of iron, zinc, thiamin, riboflavin and potassium. It is a good source of vitamin B6 and an excellent source of niacin.

Herring:



Herring is another fish that is often caught by local fishermen and enjoyed either boiled, fried, or in a stew, etc.

FATTY FISH	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	MARINE OMEGA-3 FAT (GRAMS)	CHOLESTEROL (MG)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Atlantic herring <sup>3</sup> , baked or grilled	100 grams	203	0	23,0	11,6	2,02	77	74	1,41	1,27	0,348
	MEASURE (GRAMS)	VITAMIN A (RE)	VITAMIN C (MG)	VITAMIN B12 (mcg)	FOLATE (mcg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Atlantic herring, baked or grilled	100 grams	31	1	13,14	11,5	0,11	0,30	8,4	41	115	419

Herring is a source of protein and it contains a significant amount of fat and a certain amount of cholesterol. It is a source of marine omega-3 fat and sodium. It is also a source of calcium, iron, zinc, folate, thiamin and potassium. It is a good source of vitamin B6, riboflavin and magnesium, but an excellent source of vitamin B12 and niacin.

White Fish:



White fish are categorized as fatty fish due to its total fat content, but what other nutritional value does it have?

FATTY FISH	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	MARINE OMEGA-3 FAT (GRAMS)	CHOLESTEROL (MG)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
White fish <sup>4</sup> , lake, baked or broiled	1 filet = 154 grams	265	0	38	12	N/A	119	51	0,7	2,0	0,53
	MEASURE (GRAMS)	VITAMIN A (IU)	VITAMIN C (MG)	VITAMIN B12 (µg)	FOLATE (µg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
White fish, lake, baked or broiled	1 filet = 154 grams	202	0	N/A	26	0,26	0,24	13,0	N/A	100	625

White fish is a good source of protein and contains a significant amount of fat and cholesterol. They are also a source of iron, vitamin A, folate, sodium and a good source of zinc, potassium, riboflavin and thiamin. They are an excellent source of niacin.

Semi-Fatty fish, 1- 4% fat:

Smelt:



Smelt also known in french as “éperlan” is categorized as a semi-fatty fish with only 1- 4% fat.

SEMI-FATTY FISH	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	MARINE OMEGA-3 FAT (GRAMS)	CHOLESTEROL (MG)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Rainbow smelt <sup>3</sup> , baked or grilled	100 grams	124	0	22,6	3,1	0,89	90	77	1,15	2,12	0,170
	MEASURE (GRAMS)	VITAMIN A (RE)	VITAMIN C (MG)	VITAMIN B12 (mcg)	FOLATE (mcg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Rainbow smelt, baked or grilled	100 grams	17	0	3,97	4,6	0,01	0,15	6,0	38	77	372

Smelt is a good source of protein, zinc and magnesium. It is a source of iron, vitamin B6, riboflavin, potassium and an excellent source of vitamin B12 and niacin. It is also a source of total fat, but also of marine omega-3 fat, cholesterol and sodium.

Halibut:



Halibut is another fish that is commonly fished on the Lower North Shore and classified as a semi-fatty fish because of its fat content.

SEMI-FATTY FISH	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	MARINE OMEGA-3 FAT (GRAMS)	CHOLESTEROL (MG)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Halibut <sup>3</sup> , baked or grilled	100 grams	140	0	26,7	2,9	0,46	41	60	1,07	0,53	0,397
	MEASURE (GRAMS)	VITAMIN A (RE)	VITAMIN C (MG)	VITAMIN B12 (mcg)	FOLATE (mcg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Halibut, baked or grilled	100 grams	54	0	1,37	13,8	0,07	0,09	12,1	107	69	576

Halibut is a good source of protein, vitamin B6 and potassium. It is also a source of calcium, iron, zinc, vitamin A, folate, thiamin and riboflavin. It is an excellent source of vitamin B12, niacin and magnesium. Like other fish it has a certain amount of sodium, but compared to the other fish in this category it has the least amount of total fat and cholesterol. It also contains a small amount of marine omega-3 fat.

Semi-Fatty fish, 4-10% fat:

Trout:



Lower North Shore residents love to go trouting and then, either fry up their catch or bake it, barbecue it or even stew it up.

SEMI-FATTY FISH	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	MARINE OMEGA-3 FAT (GRAMS)	CHOLESTEROL (MG)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
Rainbow trout <sup>3</sup> , baked or grilled	100 grams	150	0	22,9	5,8	0,99	69	0	0,38	0,51	0,346
	MEASURE (GRAMS)	VITAMIN A (RE)	VITAMIN C (MG)	VITAMIN B12 (mcg)	FOLATE (mcg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
Rainbow	100 grams	15	2	6,30	19,0	0,15	0,10	10,1	31	56	448

trout, baked or grilled											
-------------------------	--	--	--	--	--	--	--	--	--	--	--

Trout is a source of protein and fat, but it contains a little less fat than salmon, the same goes for the amount of marine omega-3 fat. It also contains cholesterol and sodium. It is a source of zinc, folate, thiamin, riboflavin, magnesium and potassium. It is a good source of vitamin B6 and an excellent source of vitamin B12 and niacin.

Turbot:



Turbot is also commonly fished on the Lower North Shore and classified as a semi-fatty fish with 4-10% fat.

SEMI-FATTY FISH	MEASURE (GRAMS)	CALORIES (CAL)	CARBOHYDRATE (GRAMS)	PROTEIN (GRAMS)	TOTAL FAT (GRAMS)	MARINE OMEGA-3 FAT (GRAMS)	CHOLESTEROL (MG)	CALCIUM (MG)	IRON (MG)	ZINC (MG)	VITAMIN B6 (MG)
European turbot <sup>3</sup> , baked or grilled	100 grams	122	0	20,6	3,8	N/A	62	23	0,46	0,28	0,242
	MEASURE (GRAMS)	VITAMIN A (RE)	VITAMIN C (MG)	VITAMIN B12 (mcg)	FOLATE (mcg)	THIAMIN (MG)	RIBOFLAVIN (MG)	NIACIN (NE)	MAGNESIUM (MG)	SODIUM (MG)	POTASSIUM (MG)
European turbot, baked or grilled	100 grams	12	2	2,54	9,0	0,08	0,10	6,5	65	192	305

Turbot is a source of protein, vitamin B6, thiamin, riboflavin and potassium. It's an excellent source of vitamin B12, niacin and magnesium. It is a source of fat, cholesterol and sodium.



## *Conclusion*

In conclusion, the information illustrates that residents of the Lower North Shore have a wide range of foods at their fingertips with an impressive nutritional value. In order for them to benefit from the taste as well as the nutritional richness of these foods, they must prepare the foods with little fat, salt and sugar and with more herbs and spices. By adding excessive amounts of sugar to bakeapples for example, you are not only adding extra calories, but taking away its unique taste.

Finally, there are some local foods that are not included in this little booklet, such as **squashberries, partridge and capelan**, because their nutritional value were not available in the different nutrient tables. Therefore, it would be important to have their nutritional value evaluated in the future in order to inform Lower North Shore residents of the benefits of the local resources. However, some of the berries described in this document such as **bakeapples, blueberries, blackberries, raspberries, redberries, and mesh berries** may not do justice to their real nutritional value since those used for this document were taken from berries that have been evaluated elsewhere. So, it would be important to have their nutritional value evaluated in the near future. It is also important to note that there are a long list of wildberries that grow in the region of the Lower North Shore and that have not yet been identified by specialists, but once this is done, it would be interesting in establishing their nutritional value.





## *References*

- 1- Agence Canadienne d'Inspection des Aliments. **Guide d'étiquetage et de publicité sur les aliments. Chapitre 7 : Allégations relatives à la teneur nutritive.** (on line). <http://www.inspection.gc.ca> (document consulted on July 5th, 2006).
- 2- Arctic Flavours. **Nutrient composition of finish wild berries.** (on line). <http://www.arctic-flavours.fi/>. (document consulted on June 30<sup>th</sup>, 2006).
- 3- Brault Dubuc, M. and L. Caron Lahaie. **Valeur Nutritive des Aliments.** St-Lambert, Société Brault-Lahaie, 9th edition, 2003, 325 pages.
- 4- Health Canada. **Nutrient Value of Some Common Foods.** Ottawa, Canadian Government Publishing, Communication Canada, 2002, 54 pages.
- 5- Le Divellec, J. **Fishing for a healthier diet? Bring the ocean to your plate!** (on line). <http://www.theworldwidegourmet.com>. (document consulted on July 10<sup>th</sup>, 2006).

