

# SEAFOOD CHOICES

## LEANEST (6 g fat)

- Cod, flounder, haddock, orange roughy, wild halibut grouper, tilapia, mahi mahi
- Crab, scallops, shrimp, lobster
- 7-ounce portion; add 2 additional fat servings

## LEANER (6–9 g fat)

- Swordfish
- 6-ounce portion; add 1 additional fat serving

## LEAN (> 9 g fat)

- Salmon
- 5-ounce portion; no additional fat serving