

Frozen Fish: Worth Getting Hooked On

Frozen Fish Nutrition Comparison

As with all EN comparisons, this is only a sampling of what's available. Products are listed alphabetically.

✓ = **EN's Picks.** Fish picks contain no more than 2 g saturated fat (10% DV) and 360 mg sodium (15% DV).

Frozen Fish	Serving Size (oz)	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Pro (g)
BREADED/BATTERED								
✓ 365 Lightly Breaded Fish Fillets	3	180	9	1	240	15	<1	10
Gorton's Beer Batter Fillets	3.6	250	18	4.5	550	16	1	7
Gorton's Classic Crunchy Golden Fillets	3.8	240	12	3	500	23	0	9
Gorton's Garlic & Herb Fillets	3.6	230	12	3	770	22	0	9
Gorton's Lemon Pepper Battered Fillets	3.6	270	18	4.5	580	20	1	8
Gorton's Premium Breaded Tilapia Fillets	4	250	12	3.5	480	23	1	12
✓ Henry & Lisa's Battered Wild Alaskan Salmon Fillets	4	210	13	1	115	4	0	17
Schwan's Beer Battered Alaska Cod	4	220	9	1	460	21	1	12
Schwan's Breaded Catfish Fillets	3	170	9	2	450	8	1	12
✓ Schwan's Breaded Haddock Squares	3.9	260	12	2	350	20	1	16
Schwan's Breaded Haddock Sticks	2.9	180	10	1	460	16	1	8
Schwan's Crispy Breaded Cod Nuggets	2.9	210	11	2	430	18	0	9
Schwan's Tortilla Encrusted Tilapia	5	250	12	2	410	16	1	20
Seapak Popcorn Fish	3	190	9	1.5	370	18	1	9
Seapak Tilapia Tenders	4	270	13	2	460	24	1	14
✓ Starfish Italian Breaded Sole	3	210	11	0.5	310	19	2	9
Trader Joe's Battered Halibut	3.9	240	10	1	710	25	2	12
✓ Trader Joe's Lightly Breaded Fish Sticks Reduced Fat	4	220	9	2	240	20	1	13
Trader Joe's Oven Ready Breaded Cod Fillets	5	300	12	1	510	27	1	18
Trader Joe's Panko Breaded Tilapia Fillets	3.8	320	17	7	530	27	2	15
Van de Kamp's Beer Battered Fish Fillets	3.8	210	10	3	680	21	1	10
Van de Kamp's Crispy Fish Fillets	3.8	210	10	3.5	690	21	<1	9
Van de Kamp's Crispy Haddock Fillets	3.7	220	11	2	590	20	0	10
✓ Van de Kamp's Crunchy Fish Fillets*	3.4	180	8	0	340	26	2	8
Van de Kamp's Fish Tenders	3.6	230	11	2.5	800	11	<1	11
NOT BREADED/BATTERED								
Gorton's All Natural Cajun Blackened Grilled Fillets	3.8	90	3	0.5	400	1	0	16
Gorton's All Natural Lemon Butter Grilled Fillets	3.8	90	3	0.5	400	0	0	15
✓ Gorton's Salmon Classic Grilled Fillets	3.1	100	3	0.5	270	2	0	15
Gorton's Skillet Crisp Tilapia	3.4	190	9	2	470	15	0	13
Gorton's Skillet Crisp Tilapia Garlic & Herb	3.4	200	9	2	380	17	1	12
✓ Gorton's Tilapia Lemon Peppercorn Grilled Fillets	3.1	80	3	1	260	<1	0	14
✓ Gorton's Tilapia Roasted Garlic & Butter Grilled Fillets	3.1	80	2.5	0.5	150	<1	0	14
✓ Henry & Lisa's Wild Alaskan Salmon w/Asian Ginger Marinade	3.5	114	3.6	0.5	58	0	0	20
Schwan's Cantonese Steamed Cod with Ginger & Soy	12	270	3.5	0	820	31	3	26
Schwan's Fire Grilled Italian Cod	4.6	120	3.5	1	410	2	0	20
✓ Schwan's Marinated Salmon with Grill Flavor	6	250	14	2	170	2	0	30
✓ Schwan's Tilapia Loins with Seven Herb and Spice Blend	4	90	1	0.5	35	0	0	22
Trader Joe's Chimichurri Wild Pacific Salmon	4.5	230	15	3	210	2	0	22
Trader Joe's Pacific Flounder with Crab Meat Stuffing	6	310	15	4.5	540	7	<1	35
✓ Van de Kamp's Parchment Bake Classic Grilled Tilapia	3.6	80	0.5	0	360	4	2	15
✓ Van de Kamp's Parchment Bake Garlic Butter Tilapia	3.6	80	1	0	240	4	0	14

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, daily requirement based on 2,000 calorie/day diet.

Source: package labels and company websites. *Nutrition information is based on two servings.

It seems that every major health organization recommends that we eat more fish. It's a fantastic source of lean protein, packed with vitamins and minerals, and extremely low in fat. The fish that are a bit higher in fat, such as salmon and mackerel contain huge amounts of health-boosting omega-3 fatty acids, however. For that reason, the American Heart Association suggests that you put fish on your menu at least twice a week.

While it's easy enough to buy a pound or two of fresh fish from the supermarket fish counter or your local fishmonger and cook it up, once in a while having someone else do the work is a much-appreciated convenience. The cost of fresh fish can be steep, and prepackaged fish can often fit into your grocery budget a bit better. But does your health pay a price for all the prep work? We put on our mittens and scoured the frozen fish aisles of the supermarket to find out.

Helpful hints. Pre-prepped frozen fish is a fantastic base for a quick and healthy meal, as long as you keep these tips in mind:

• **All fish portions are not created equal.**

The nutrition information on some frozen fish packages may look too good to be true. That's because the portion size they refer to may not be much more than a few bites. When you're comparing fish to fish, be sure you're comparing adequate portion sizes—roughly three to four ounces (or 85 to 113 grams.)

• **Check the salt.** The benefit of having someone else prepare your fish may come at the cost of a higher sodium content. Read the Nutrition Facts Panel to be sure the fish will fit into your daily sodium limits (shoot for below 2,300 milligrams per day; 1,500 if you're at risk for hypertension.)

• **Batter beware.** In most cases, batters and breadings add calories, fat, and sodium to your fish. If you like a little crunch on the outside of your fillets, check our chart for the ones that will fit best in your eating plan.

• **Look for omega-3 rich choices.** Many types of seafood contain small amounts of omega-3s that can add up, but try to include omega-3 superstars more often, such as mackerel, lake trout, herring, tuna, salmon, sardines, anchovies, and whitefish. [EN](#)

— Heidi McIndoo, M.S., R.D.