

# Fish oil, cod liver

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Scientific Name:

NDB No: 04589 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
<b>Proximates</b>				
Water	g	0.00	1	
Energy	kcal	902	0	
Energy	kj	3774	0	
Protein	g	0.00	1	
Total lipid (fat)	g	100.00	1	
Ash	g	0.00	1	
Carbohydrate, by difference	g	0.00	0	
Fiber, total dietary	g	0.0	0	
<b>Minerals</b>				
Calcium, Ca	mg	0	0	
Iron, Fe	mg	0.00	0	
Magnesium, Mg	mg	0	0	
Phosphorus, P	mg	0	0	
Potassium, K	mg	0	0	
Sodium, Na	mg	0	0	
Zinc, Zn	mg	0.00	0	
Copper, Cu	mg	0.000	0	
Manganese, Mn	mg	0.000	0	
Selenium, Se	mcg	0.0	0	
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0	
Riboflavin	mg	0.000	0	
Niacin	mg	0.000	0	
Pantothenic acid	mg	0.000	0	
Vitamin B-6	mg	0.000	0	
Folate, total	mcg	0	0	
Folic acid	mcg	0	0	
Folate, food	mcg	0	0	
Folate, DFE	mcg_DFE	0	0	
Vitamin B-12	mcg	0.00	0	

Vitamin A, IU	IU	100000	1	
Vitamin A, RAE	mcg_RAE	30000	1	
Retinol	mcg	30000	1	
Vitamin D	IU	10000	0	
<b>Lipids</b>				
Fatty acids, total saturated	g	22.608	0	
14:0	g	3.568	2	
16:0	g	10.630	2	
18:0	g	2.799	2	
Fatty acids, total monounsaturated	g	46.711	0	
16:1 undifferentiated	g	8.309	2	
18:1 undifferentiated	g	20.653	2	
20:1	g	10.422	2	
22:1 undifferentiated	g	7.328	2	
Fatty acids, total polyunsaturated	g	22.541	0	
18:2 undifferentiated	g	0.935	2	
18:3 undifferentiated	g	0.935	2	
18:4	g	0.935	2	
20:4 undifferentiated	g	0.935	2	
20:5 n-3	g	6.898	2	
22:5 n-3	g	0.935	2	
22:6 n-3	g	10.968	2	
Cholesterol	mg	570	1	

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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