



Fettsäurenmuster von Süß- und Salzwasserfischen

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**Tab. 1: Fettsäurenmuster von Salz- und Süßwasserfischen
Menge pro 100 g essbarer Anteil**

Fischzuschnitt (frisch, gegart)	Energie [kJ]	Protein [g]	Fett [g]	Fett [%]	Cholesterol [mg]	Jodgehalt* [µg]	n-3 Fettsäuren [mg]			n-6 Fettsäuren [mg]		
							EPA	DHA	gesamt	Linolsäure	AA	gesamt
Salzwasserfische												
Hering	993,0	20,5	17,4	64,9	106,0	20,9	1 129,0	1 051,0	2 541,0	220,0	94,0	314,0
Sardine	579,0	22,3	5,4	34,4	18,0	24,9	638,0	795,0	1 579,0	172,0	39,0	211,0
Makrele	880,0	21,5	13,9	58,4	88,0	36,2	938,0	1 501,0	2 777,0	200,0	125,0	325,0
Thunfisch	1 058,0	24,6	17,3	60,5	81,0	38,0	1 245,0	3 363,0	5 091,0	234,0	311,0	545,0
Kabeljau	375,0	20,3	0,8	8,0	60,0	134,0	89,0	189,0	288,0	5,0	19,0	24,0
Köhler	402,0	21,3	1,1	9,9	85,0	156,0	88,0	204,0	309,0	8,0	23,0	31,0
Steinbutt	408,0	19,5	2,1	18,9	72,0	28,6	223,0	189,0	476,0	14,0	131,0	145,0
Scholle	438,0	20,8	2,3	19,2	50,0	40,8	159,0	170,0	398,0	11,0	103,0	114,0
Heilbutt	471,0	23,3	2,0	16,0	38,0	40,6	150,0	216,0	482,0	23,0	124,0	147,0
Flunder	468,0	19,2	3,8	30,3	60,0	22,8	415,0	322,0	884,0	67,0	102,0	169,0
Süßwasserfische												
Forelle	513,0	23,8	2,9	20,9	69,0	2,5	130,0	389,0	717,0	118,0	58,0	176,0
Karpfen	512,0	21,0	4,2	30,2	83,0	1,2	120,0	90,0	367,0	398,0	139,0	537,0
Wels	675,0	18,1	9,9	54,5	191,0	3,8	286,0	215,0	877,0	949,0	331,0	1280,0
Schleie	374,0	20,6	0,6	6,3	87,0	1,2	18,0	14,0	56,0	62,0	22,0	84,0
Barsch	389,0	21,4	0,7	6,6	89,0	3,7	38,0	76,0	136,0	12,0	21,0	33,0
Zander	402,0	22,3	0,6	5,8	86,0	3,7	35,0	70,0	125,0	11,0	18,0	29,0
Aal	1 115,0	18,0	21,9	72,6	181,0	3,8	414,0	207,0	1 035,0	414,0	207,0	621,0

Quelle: DGE-PC professional Version 3.2 (* der Jodgehalt wurde nachträglich ergänzt)