

Supplementary Tables

Supplementary Table 1. List of included species and sources and rich sources of key nutrients. See below for units and thresholds for “source” and “rich source” as designated by FAO.¹ Values above the source threshold are highlighted in blue, values above the rich source threshold are highlighted in dark blue.

Nutrient	Source threshold (/100g)	Rich source threshold (/100g)
Protein	7.65 g	15.3 g
Iron	1.95 mg	3.9 mg
Zinc	1.425 mg	2.85 mg
Vitamin A	120 mcg	240 mcg
Vitamin B12	0.75 mcg	1.5 mcg
Vitamin D	0.36 mcg	0.72 mcg

Summary	Protein	Iron	Zinc	Vitamin A	Vitamin B12	Vitamin D
Valid species, n	372	345	178	143	122	122
# Source	17	33	15	7	15	4
# Rich Source	348	11	10	7	99	115
# Source or Rich Source	365	44	25	14	114	119
% Source	4.57	9.57	8.43	4.90	12.30	3.28
% Rich Source	93.55	3.19	5.62	4.90	81.15	94.26
% Source or Rich Source	98.12	12.75	14.04	9.79	93.44	97.54

Species	Common name	Order	Family	Protein	Iron	Zinc	Vit A	Vit B12	Vit D
<i>Acanthistius brasilianus</i>	Argentine Seabass	Perciformes	Serranidae	17.90					
<i>Acanthogobius flavimanus</i>	Goby	Gobioidei	Gobiidae	18.90	2.10	0.60	7	2.70	3.00
<i>Acanthogobius hasta</i>	Javelin goby	Gobioidei	Gobiidae	16.40	0.90				
<i>Acanthopagrus schlegelii</i>	Black sea bream	Perciformes	Sparidae	19.60	0.75	0.80	12	3.70	4.00
<i>Acheilognathus rhombeus</i>	Flat bitterling	Cypriniformes	Cyprinidae	17.50	1.20				
<i>Ailia coila</i>	Gangetic Ailia	Siluriformes	Schilbeidae	15.30	0.90				
<i>Alcichthys alcornis</i>	Elkhorn sculpin	Scorpaeniformes	Cotidae	17.10	0.80				
<i>Allothunnus fallai</i>	Slender Tuna	Perciformes	Scombridae	19.80	1.30	1.10	227	0.70	
<i>Amblypharyngodon mola</i>	Mola Carplet	Cypriniformes	Cyprinidae	17.10	3.80	3.19	2680		
<i>Ammodytes personatus</i>	Sandlance	Perciformes	Ammodytidae	16.60	7.90	3.90	200	11.00	21.00
<i>Anabas testudineus</i>	Climbing Perch	Perciformes	Abantidae	17.50	1.20	1.13	215		
<i>Anchoa compressa</i>	Deep-bodied anchovy	Clupeiformes	Engraulidae	16.90	1.40				
<i>Anguilla japonica</i>	Eel	Anguilliformes	Anguillidae	15.75	1.05	1.40	2400	3.50	18.00
<i>Anoplopoma fimbria</i>	Sablefish	Scorpaeniformes	Anoplopomatidae	13.35	1.25	0.30	1500	2.80	3.50
<i>Arctoscopus japonicus</i>	Saifin Sandfish/Sandfish	Perciformes	Trichodontidae	14.10	0.50	0.60	20	1.70	2.00
<i>Argyrops bleekeri</i>	Taiwan tai	Perciformes	Sparidae	17.80	9.10				
<i>Auxis rochei</i>	Frigate mackerel	Perciformes	Scombridae	24.10	1.70				
<i>Auxis thazard</i>	Bullet mackerel	Perciformes	Scombridae	23.40	1.90				
<i>Bagrus bajad</i>	Bayad	Siluriformes	Bagridae	27.50	1.10	0.73	9	2.80	0.80
<i>Banjós banjos</i>	Banjo fish	Perciformes	Banjosidae	20.80	1.40				

Species	Common name	Order	Family	Protein	Iron	Zinc	Vit A	Vit B12	Vit D
<i>Barbonymus gonionotus</i>	Silver Barb	Cypriniformes	Cyprinidae	6.25				2.00	
<i>Belone belone</i>	Needle fish Gar fish Pacific	Beloniformes	Belonidae	19.80	0.50				
<i>Bero elegans</i>	Elegant sculpin	Scorpaeniformes	Cottidae	19.50	0.90				
<i>Beryx decadactylus</i>	Broad alfonso	Beryciformes	Berycidae	18.50	2.00				
<i>Beryx splendens</i>	Splended Alfonso	Beryciformes	Berycidae	17.80	0.30	0.30	63	1.10	2.00
<i>Bodianus bilunulatus</i>	Crescent-banded wrasse	Perciformes	Labridae	20.30	1.50				
<i>Boreogadus saida</i>	Polar Cod	Gadiformes	Gadidae		0.25	0.37	24		
<i>Brama japonica</i>	Pacific pomfret	Perciformes	Bramidae	18.90	0.40				
<i>Branchiostegus japonicus</i>	Blanquillo	Perciformes	Branchiostegidae	18.45	0.45	0.30	27	2.10	1.00
<i>Caesio xanthonota</i>	Yellowback Fusilier	Perciformes	Caesionidae	21.10	0.40	0.40	19	0.41	
<i>Callanthis japonicus</i>	Yellowtail red bass	Perciformes	Callanthiidae	17.30	0.70				
<i>Callionymus lunatus</i>	Moon dragonet	Perciformes	Callionymidae	18.50	0.80				
<i>Calliurichthys japonicus</i>	Dragonet	Perciformes	Callionymidae	16.50	1.30				
<i>Carangoides equula</i>	Whitefin trevally	Perciformes	Carangidae	19.60	1.00				
<i>Caranx sexfasciatus</i>	Six-bed jack	Perciformes	Carangidae	24.00	1.70				
<i>Carassius auratus</i>	Crucian carp	Cypriniformes	Cyprinidae	18.15	1.95	1.90	12	5.50	4.00
<i>Catla catla</i>	Catla	Cypriniformes	Cyprinidae	19.90	0.60	0.48	3		0.00
<i>Cephalopholis miniata</i>	Coral Hind	Perciformes	Serranidae	18.40	0.40	0.40	0	1.00	
<i>Channa punctata</i>	Spotted Snakehead	Perciformes	Channidae	17.30	1.50	1.08	191		
<i>Channa striata</i>	Striped Snakehead	Perciformes	Channidae	17.70	1.00	0.31			
<i>Chanodichthys dabryi</i>	Humpback	Cypriniformes	Cyprinidae	18.70	1.10				
<i>Cheilodactylus quadricornis</i>	Black-barred morwong	Perciformes	Cheilodactylidae	19.20	1.30				
<i>Cheilodactylus zonatus</i>	Spottedtail morwong	Scorpaeniformes	Scorpaenidae	19.80	1.30				
<i>Cheilopogon agoo</i>	Japanese flying fish	Beloniformes	Exocoetidae	22.20	0.90				
<i>Chelidonichthys spinosus</i>	Bluefin searobin	Scorpaeniformes	Triglidae	19.75	0.50	0.50	9	2.20	3.00
<i>Chelidoperca hirundinacea</i>	Princess porgy	Perciformes	Serranidae	20.10	1.50				
<i>Chelon parsia</i>	Goldspot Mullet	Mugiliformes	Mugilidae	18.70	2.10	1.43			
<i>Chirolophis japonicus</i>	Fringed blenny	Perciformes	Stichaeidae	17.20	0.60				
<i>Chitala chitala</i>	Clown Knifefish	Osteoglossiformes	Notopteridae	17.80	1.60	0.61	30		
<i>Choerodon azurio</i>	Azurio tuskfish	Perciformes	Labridae	20.30	0.70				
<i>Chromis notata</i>	Pearl-spot chromis	Perciformes	Pomacentridae	19.50	0.70				
<i>Cirrhinus cirrhosus</i>	Mrigal Carp	Cypriniformes	Cyprinidae	18.60	1.80	0.29	11		
<i>Clarias anguillaris</i>	Mudfish	Siluriformes	Clariidae	25.80	1.40	0.80	16	2.60	1.30
<i>Clarias batrachus</i>	Philippine Catfish	Siluriformes	Clariidae	10.93	0.80	0.53	15		
<i>Cleisthenes pinetorum</i>	Pointhead flounder	Pleuronectiformes	Pleuronectidae	18.10	4.00				
<i>Clidoderma asperrimum</i>	Roughscale sole	Pleuronectiformes	Pleuronectidae	17.40	0.60				
<i>Clupea harengus</i>	Atlantic Herring	Clupeiformes	Clupeidae	17.96	1.10	0.99			9.50
<i>Clupea pallasii</i>	Pacific herring	Clupeiformes	Clupeidae	16.85	0.90	1.10	18	17.40	22.00
<i>Cobitis sinensis</i>	Siberian spiny loach	Salmoniformes	Salmonidae	17.50	2.70				

Species	Common name	Order	Family	Protein	Iron	Zinc	Vit A	Vit B12	Vit D
<i>Coilia dussumieri</i>	Goldspotted Gredier Anchovy	Clupeiformes	Engraulidae	13.20	4.50	1.25			
<i>Coilia nasus</i>	Japanese gredier anchovy	Clupeiformes	Engraulidae	15.90	1.10				
<i>Collichthys niveatus</i>	Collichthys niveatus	Perciformes	Sciaenidae	17.00	1.30				
<i>Cololabis saira</i>	Pacific saury	Beloniformes	Scomberesocidae	20.15	1.50	0.80	16	15.40	14.90
<i>Conger myriaster</i>	Conger eel	Anguilliformes	Congridae	17.35	0.65	0.70	500	2.30	0.40
<i>Conger orbignianus</i>	Argentine Conger	Anguilliformes	Congridae	17.20					
<i>Coregonus autumnalis</i>	Arctic Cisco	Salmoniformes	Coregonidae	16.70	0.82	0.63			
<i>Coregonus clupeaformis</i>	Lake Whitefish	Salmoniformes	Coregonidae	16.88	0.31	0.51	11		4.40
<i>Coreoperca kawamebari</i>	Spotear brook perch	Perciformes	Percichthyidae	19.50	1.10				
<i>Coryphaena hippurus</i>	Dolphinfish	Perciformes	Coryphaenidae	17.30	0.70	0.50	8	2.60	5.00
<i>Cottus poecilopterus</i>	Alpine bullhead	Scorpaeniformes	Cottidae	15.00	2.80				
<i>Cottus pollux</i>	Japanese Sculpin/Japanese Fluvial Sculpin	Scorpaeniformes	Cottidae	15.00	2.80	1.70	180	28.20	3.00
<i>Crossocheilus latius</i>	Stone Roller	Cypriniformes	Cyprinidae	15.30	2.20	1.09			
<i>Ctenopharyngodon idella</i>	Grass carp	Cypriniformes	Cyprinidae	17.10	1.70				
<i>Cynoglossus joyneri</i>	Red tonguesole	Pleuronectiformes	Cynoglossidae	18.60	1.00				
<i>Cynoglossus semilaevis</i>	Tongue sole	Pleuronectiformes	Cynoglossidae	19.20	0.30				
<i>Cynoscion striatus</i>	Striped Weakfish	Perciformes	Sciaenidae	17.80	2.20				
<i>Cyprinus carpio</i>	Common carp	Cypriniformes	Cyprinidae	17.97	0.93	0.97	3	10.00	10.30
<i>Cyprinus carpio nudus</i>	Israeli carp	Cypriniformes	Cyprinidae	16.80	1.20				
<i>Dactyloptena peterseni</i>	Starry flying gurd	Scorpaeniformes	Dactylopteridae	19.20	1.20				
<i>Decapterus maruadsi</i>	White-tipped mackerel scad	Perciformes	Cheilodactylidae	18.45	1.45	1.30	11	9.90	18.70
<i>Decapterus muroadsi</i>	Brownstriped Mackerel Scad	Perciformes	Carangidae	23.60	1.60	1.00	4	12.80	6.00
<i>Dentex tumifrons</i>	Yellow Sea Bream	Lophiiformes	Lophiidae	19.40	0.35	0.40	50	3.20	4.00
<i>Dexistes rikuzenius</i>	Rikazen flounder	Pleuronectiformes	Pleuronectidae	19.40	0.60				
<i>Diagramma pictum</i>	Painted Sweetlips	Perciformes	Haemulidae	19.80	0.40	0.60	29	2.11	
<i>Dictyosoma burgeri</i>	Ribbed gunnel	Perciformes	Stichaeidae	22.00	1.20				
<i>Dissostichus eleginoides</i>	Patagonian Toothfish	Perciformes	Nototheniidae	13.30	0.10	0.30	1800	0.60	17.00
<i>Ditrema temminckii temminckii</i>	Surffish	Perciformes	Embiotocidae	18.90	1.00				
<i>Doederleinia berycoides</i>	Blackthroat seaperch	Perciformes	Acropomatidae	22.30	0.30				
<i>Eleginus gracilis</i>	Saffron cod	Gadiformes	Gadidae	12.60	4.00				
<i>Engraulis anchoita hubbs larini</i>	Argentine Anchovy	Clupeiformes	Engraulidae	19.20					
<i>Engraulis encrasicolus</i>	European Anchovy	Clupeiformes	Engraulidae	22.80	0.90	1.90	1	2.10	3.50
<i>Engraulis japonicus</i>	Anchovy	Clupeiformes	Engraulidae	17.95	2.25	1.00	11	13.90	4.00
<i>Engraulis ringens</i>	Anchoveta	Clupeiformes	Engraulidae	21.00	1.40				
<i>Epinephelus aeneus</i>	White Grouper	Perciformes	Serranidae	33.80	1.40	0.65	30	6.60	7.50
<i>Epinephelus akaara</i>	Red-spotted grouper	Perciformes	Serranidae	21.00	1.30				
<i>Epinephelus awoara</i>	Yellow grouper	Perciformes	Serranidae	19.40	0.90				

Species	Common name	Order	Family	Protein	Iron	Zinc	Vit A	Vit B12	Vit D
<i>Epinephelus epistictus</i>	Dotted grouper	Perciformes	Serranidae	19.30	1.00				
<i>Esox lucius</i>	Northern Pike	Esociformes	Esocidae	17.83	0.18	0.70			
<i>Ethmalosa fimbriata</i>	Bonga Shad	Clupeiformes	Clupeidae	19.10	1.70	1.60			
<i>Etrumeus teres</i>	Bigeye sardine	Clupeiformes	Clupeidae	19.90	1.90	1.30	130	14.20	9.00
<i>Eumicrotremus orbis</i>	Pacific spiny lumpsucker	Scorpaeniformes	Cyclopteridae	7.20	1.20				
<i>Euthymus affinis</i>	Kawakawa	Perciformes	Scombridae	25.00	1.30	0.27	31		3.12
<i>Eutropiichthys vacha</i>	Batchwa Vacha	Siluriformes	Schilbeidae	16.10	0.70				
<i>Evisτίας acutirostris</i>	Striped boarfish	Perciformes	Pentacerotidae	18.60	1.20				
<i>Gadus macrocephalus</i>	Pacific cod	Gadiformes	Gadidae	18.55	0.30	0.50	10	1.30	1.00
<i>Gadus morhua</i>	Atlantic cod	Gadiformes	Gadidae	17.76	0.25	0.40	12	0.91	2.76
<i>Genypterus blacodes</i>	Pink Cusk-Eel	Ophidiiformes	Ophidiidae	15.80					
<i>Genypterus capensis</i>	Kingclip	Ophidiiformes	Ophidiidae	18.20	0.30	0.50	5	1.30	0.00
<i>Girella punctata</i>	Girella	Perciformes	Kyphosidae	19.80	0.70	0.90	55	1.80	1.00
<i>Glossanodon semifasciatus</i>	Deep-sea smelt	Salmoniformes	Argentinidae	18.70	0.40	0.40	75	3.40	0.00
<i>Glossogobius giuris</i>	Tank Goby	Perciformes	Gobiidae	14.70	1.20	0.93			
<i>Glyptocephalus stelleri</i>	Blackfin flounder	Pleuronectiformes	Pleuronectidae	18.20	0.60				
<i>Gnathopogon caeruleus</i>	Willow Shiner	Cypriniformes	Cyprinidae	17.50	1.30	3.40	250	9.00	5.00
<i>Gudusia chapra</i>	Indian River Shad	Clupeiformes	Clupeidae	15.40	4.80	1.97	6		
<i>Gymnocanthus herzensteini</i>	Black edged sculpin	Scorpaeniformes	Cottidae	19.50	2.50				
<i>Halichoeres tenuispinis</i>	Motley stripe rainbowfish	Perciformes	Labridae	19.20	1.10				
<i>Halieutaea stellata</i>	Minipizza bat fish	Lophiiformes	Ogcocephalidae	15.80	1.00				
<i>Haplogenyus mucronatus</i>	Broadbanded velvetchin	Perciformes	Haemulidae	18.50	1.10				
<i>Haplogenyus nigripinnis</i>	Short barbeled velvetchin	Perciformes	Haemulidae	19.00	1.30				
<i>Helicolenus dactylopterus</i>	Blackbelly Rosefish	Scorpaeniformes	Scorpaenidae	17.10					
<i>Helicolenus hilgendorffii</i>	Hilgendorf saucord; Rosefish	Scorpaeniformes	Scorpaenidae	16.70	0.70				
<i>Hemibarbus labeo</i>	Barbel steed	Cypriniformes	Cyprinidae	17.30	1.00				
<i>Hemibarbus longirostris</i>	Long-nose barbel	Cypriniformes	Cyprinidae	17.70	1.40				
<i>Hemitripterus villosus</i>	Shaggy sea raven	Scorpaeniformes	Hemitripterae	18.60	0.50				
<i>Henicorhynchus siamensis</i>	Siamese Mud Carp	Cypriniformes	Cyprinidae	6.25				1.60	
<i>Heteropneustes fossilis</i>	Stinging Catfish	Siluriformes	Heteropneustidae	17.20	2.10	0.55	16		
<i>Heteropriacanthus cruentatus</i>	Glasseye	Perciformes	Priacanthidae	18.00	1.10				
<i>Hexagrammos agrammus</i>	Spotty belly greenling	Scorpaeniformes	Hexagrammidae	17.50	2.90				
<i>Hexagrammos octogrammus</i>	Masked greenling	Scorpaeniformes	Hexagrammidae	17.50	1.80				
<i>Hexagrammos otakii</i>	Fat greenling	Scorpaeniformes	Hexagrammidae	20.05	0.35	0.50	6	2.20	9.00
<i>Hime japonica</i>	Hime japonica	Aulopiformes	Aulopidae	20.90	1.00				
<i>Hippoglossus stenolepis</i>	Pacific Halibut	Pleuronectiformes	Pleuronectidae	19.90	0.10	0.50	13	2.10	3.00
<i>Histiogaster typus</i>	Sailfin armourhead	Perciformes	Pentacerotidae	19.30	1.20				
<i>Hoplias malabaricus</i>	Trahira	Characiformes	Erythrinidae	18.10					

Species	Common name	Order	Family	Protein	Iron	Zinc	Vit A	Vit B12	Vit D
<i>Hoplobrotula armata</i>	Armored weasel-fish	Ophidiiformes	Ophidiidae	18.20	1.00				
<i>Hypomesus japonicus</i>	Japanese Surf Smelt	Osmeriformes	Osmeridae	19.50	0.30	1.30	4	5.40	1.00
<i>Hypomesus nipponensis</i>	Japanese Smelt/Pond Smelt	Osmeriformes	Osmeridae	14.40	0.90	2.00	99	7.90	2.00
<i>Hypomesus olidus</i>	Pond smelt	Salmoniformes	Osmeridae	18.40	0.90				
<i>Hypophthalmichthys molitrix</i>	Silver big-head carp	Cypriniformes	Cyprinidae	18.25	1.35	0.28			
<i>Hypophthalmichthys nobilis</i>	Big-head carp	Cypriniformes	Cyprinidae	17.50	1.20				
<i>Hypoptychus dybowskii</i>	Korean sandlance	Gasterosteiformes	Hypoptychidae	21.50	1.70				
<i>Hyporhamphus sajori</i>	Half beak	Beloniformes	Hemiramphidae	18.70	1.90	1.90		5.50	3.00
<i>Hyporthodus septemfasciatus</i>	Convict grouper	Perciformes	Serranidae	18.80	1.00				
<i>Ilisha elongata</i>	Elongate ilisha	Clupeiformes	Pristigasteridae	20.10	0.80				
<i>Inimicus japonicus</i>	Devil stingfish	Scorpaeniformes	Synceiidae	19.05	0.50	0.70	2	0.60	1.00
<i>Johnius grypotus</i>	Corvi	Perciformes	Sciaenidae	15.20	2.60				
<i>Kajikia audax</i>	Barred marlin	Perciformes	Istiophoridae	23.10	0.60	0.60	8	4.30	12.00
<i>Kareius bicoloratus</i>	Stone flounder	Pleuronectiformes	Pleuronectidae	20.00	0.20				
<i>Katsuwonus pelamis</i>	Skipjack tuna	Perciformes	Scombridae	25.45	1.85	0.90	20	8.60	9.00
<i>Konosirus punctatus</i>	Gizzard shad	Clupeiformes	Clupeidae	19.10	1.25	0.70		10.20	9.00
<i>Labeo bata</i>	Bata	Cypriniformes	Cyprinidae	15.90	1.20	0.94			
<i>Labeo calbasu</i>	Orangefin Labeo	Cypriniformes	Cyprinidae	17.00	1.10	0.36			
<i>Labeo gonius</i>	Kuria Labeo	Cypriniformes	Cyprinidae	17.60	0.30	0.06			
<i>Labeo rohita</i>	Roho Labeo	Cypriniformes	Cyprinidae	20.60	0.40	1.13	4		
<i>Labracoglossa argenteiventris</i>	Yellowstriped butterfish	Perciformes	Kyphosidae	18.70	0.60	1.30	16	2.00	4.00
<i>Lagocephalus lunaris</i>	Lurtail puffer	Tetraodontiformes	Tetraodontidae	17.30	1.00				
<i>Larimichthys crocea</i>	Large yellow croaker	Perciformes	Sciaenidae	17.20	1.20				
<i>Larimichthys polyactis</i>	Yellow croaker	Perciformes	Sciaenidae	15.80	0.50				
<i>Lateolabrax japonicus</i>	Common sea bass	Perciformes	Percichthyidae	18.83	0.80	0.50	180	2.00	10.00
<i>Lates calcarifer</i>	Barramundi	Perciformes	Centropomidae	18.60	1.00	0.16	8		1.50
<i>Lepidopsetta mochigarei</i>	Dusky sole	Pleuronectiformes	Pleuronectidae	16.80	1.20				
<i>Lepidotrigla alata</i>	Fork-snout searobin	Scorpaeniformes	Triglidae	16.90	1.00				
<i>Lepidotrigla microptera</i>	Red-wing searobin	Scorpaeniformes	Triglidae	19.70	0.40				
<i>Lepomis macrochirus</i>	Bluegill	Perciformes	Centrarchidae	17.80	1.40				
<i>Leptomelanosoma indicum</i>	Indian Threadfin	Perciformes	Poly nemidae	20.30	0.50	1.35			
<i>Lethrinus haematopterus</i>	Chinese emperor	Perciformes	Lethrinidae	20.40	1.00				
<i>Lethrinus nebulosus</i>	Spangled Emperor	Perciformes	Lethrinidae	20.50	0.30	0.50	8	3.70	11.00
<i>Limanda aspera</i>	Yellowfin sole	Pleuronectiformes	Pleuronectidae	16.80	1.20				
<i>Liparis tanakai</i>	Taka's silfish	Scorpaeniformes	Liparidae	16.40	0.50				
<i>Liparis tessellatus</i>	Cubed silfish	Scorpaeniformes	Liparidae	16.40	1.00				
<i>Lobotes surinamensis</i>	Tripletail	Perciformes	Lobotidae	21.00	1.10				
<i>Lophiomus setigerus</i>	Angler	Lophiiformes	Lophiidae	14.10	2.50				

Species	Common name	Order	Family	Protein	Iron	Zinc	Vit A	Vit B12	Vit D
<i>Lophius litulon</i>	Yellow goosefish	Perciformes	Sciaenidae	14.65	0.25	0.60	13	1.20	1.00
<i>Lota lota</i>	Burbot	Gadiformes	Lotidae	17.83	0.35	0.65	3		
<i>Luciopimelodus pati</i>	Pati	Siluriformes	Pimelodidae	18.20	1.90				
<i>Lumpenus sagitta</i>	Skē prickleback	Perciformes	Sichaeidae	19.30	0.90				
<i>Macruronus novaezelandiae</i>	Hoki	Gadiformes	Merlucciidae	17.00	0.30	0.40	43	0.70	1.00
<i>Makaira mazara</i>	Pacific Blue Marlin/Blue Marlin/Black Marlin	Perciformes	Istiophoridae	22.90	0.50	0.70	2	1.50	38.00
<i>Malakichthys wakiyae</i>	Silver-belly sea perch	Perciformes	Acropomatidae	18.70	0.70				
<i>Mallotus villosus</i>	Capelin	Salmoniformes	Osmeridae						
<i>Mastocembellus armatus</i>	Zig-Zag Eel	Synbranchiformes	Mastacembelidae	16.10	0.80	1.30	829	2.40	
<i>Merluccius merluccius</i>	European Hake	Gadiformes	Merlucciidae	17.10	1.90				
<i>Microcanthus strigatus</i>	Stripey	Perciformes	Kyphosidae	19.50	0.90				
<i>Micromesistius australis</i>	Southern Blue Whiting	Gadiformes	Gadidae	16.40	0.30	0.30	6	1.60	7.00
<i>Micromesistius poutassou</i>	Blue Whiting	Gadiformes	Gadidae	17.50	1.00				
<i>Micropogonias undulatus</i>	Atlantic Croaker	Perciformes	Sciaenidae	19.50					
<i>Micropterus salmoides</i>	Largemouth black bass	Perciformes	Centrarchidae	18.20	4.50				
<i>Müchthys müuy</i>	Mi-iuy croaker	Perciformes	Sciaenidae	18.00	0.30				
<i>Misgurnus anguillicaudatus</i>	Loach	Cypriniformes	Cobitidae	16.15	6.80	2.90	15	8.50	4.00
<i>Monopterus albus</i>	Asian swamp eel	Synbranchiformes	Synbranchidae	17.90	1.40				
<i>Mugil cephalus</i>	Common mullet	Mugiliformes	Mugilidae	20.45	0.85	0.50	8	4.70	10.00
<i>Muraenesox cinereus</i>	Silver conger eel	Anguilliformes	Muraenesocidae	20.10	1.15	0.60	59	1.90	5.00
<i>Mystus cavasius</i>	Gangetic Mystus	Siluriformes	Bagridae	15.40	1.30	0.88			
<i>Mystus gulio</i>	Long Whiskers Catfish	Siluriformes	Bagridae	17.00	0.90	0.23			
<i>Mystus wolffii</i>	Mystus wolffii	Siluriformes	Bagridae	6.25					
<i>Nandus nandus</i>	Gangetic Leafish	Perciformes	ndidae	15.80	1.90	1.42			
<i>Nemadactylus bergi</i>	Castaneda	Perciformes	Cheilodactylidae	18.40					
<i>Nemipterus japonicus</i>	Japanese Threadfin Bream	Perciformes	Nemipteridae	18.40	0.80	0.30	0	2.00	
<i>Nemipterus virgatus</i>	Golden threadfin bream	Perciformes	Nemipteridae	19.80	0.70				
<i>Neoditrema ransonnetii</i>	Surfperch	Perciformes	Embiotocidae	21.80	1.80				
<i>Niphon spinosus</i>	Ara	Perciformes	Serranidae	19.30	1.40				
<i>Notopterus notopterus</i>	Bronze Featherback	Osteoglossiformes	Notopteridae	17.80	1.00	0.74	30		
<i>Odontesthes incisa</i>	Silverside	Atheriniformes	Atherinidae	16.00	2.00				
<i>Odontesthes bonariensis</i>	Argentinian Silverside	Atheriniformes	Atherinopsidae	18.30	1.90				
<i>Odontesthes regia</i>	Chilean Silverside	Atheriniformes	Atherinopsidae	18.60					
<i>Odontobutis platycephala</i>	Fresh-water goby	Gobioidei	Odontobutidae	16.90	1.00				
<i>Ompok pabda</i>	Pabdah Catfish	Siluriformes	Siluridae	17.30	1.20	1.25			
<i>Oncorhynchus gorbuscha</i>	Pink Salmon	Salmoniformes	Salmonidae	21.70	0.40	0.60	13	4.60	22.00
<i>Oncorhynchus keta</i>	Chum salmon	Salmoniformes	Salmonidae	21.45	0.80	0.50	11	5.90	32.00
<i>Oncorhynchus kisutch</i>	Coho salmon	Salmoniformes	Salm onidae	20.65	1.40	0.60	36	5.20	15.00

Species	Common name	Order	Family	Protein	Iron	Zinc	Vit A	Vit B12	Vit D
<i>Oncorhynchus masou</i>	Cherry salmon	Salmoniformes	Salmonidae	20.60	1.20	0.50	63	7.60	10.00
<i>Oncorhynchus masou ishikawae</i>	Masu Salmon	Salmoniformes	Salmonidae	18.30	0.40	0.80	7	5.50	9.00
<i>Oncorhynchus mykiss</i>	Rainbow trout	Salmoniformes	Salmonidae	21.10	1.80				
<i>Oncorhynchus nerka</i>	Sockeye salmon	Salmoniformes	Salmonidae	22.50	0.40	0.50	27	9.40	33.00
<i>Oncorhynchus tshawytscha</i>	Chinook Salmon	Salmoniformes	Salmonidae	18.80	0.25	0.35	111	2.35	16.00
<i>Oplegnathus fasciatus</i>	Rock bream	Perciformes	Oplegthidae	18.65	0.45	0.60	39	1.30	3.00
<i>Oplegnathus punctatus</i>	Spotted knifejaw	Perciformes	Oplegthidae	18.90	0.70				
<i>Oreochromis mossambicus</i>	Mozambique tilapia	Perciformes	Cichlidae	20.05	0.80	1.40	2		5.50
<i>Oreochromis niloticus</i>	Nile Tilapia	Perciformes	Cichlidae	19.80	0.50	0.40	3	2.30	11.00
<i>Osmerus mordax</i>	Pacific rainbow smelt	Salmoniformes	Osmeridae	17.40	1.40				
<i>Ostichthys japonicus</i>	Big-eye soldierfish	Beryciformes	Holocentridae	21.30	1.20				
<i>Pagrus major</i>	Genuine porgy	Perciformes	Sparidae	19.50	0.35	0.40	8	1.20	5.00
<i>Pagrus pagrus</i>	Red Porgy	Perciformes	Sparidae	20.40	1.80	3.30			
<i>Pampus argenteus</i>	Silver/white pomfret	Perciformes	Stromateidae	17.13	0.40	0.39	90	1.40	5.00
<i>Pampus chinensis</i>	Chinese Silver Pomfret	Perciformes	Stromateidae	15.90	0.40	0.59			
<i>Pangasianodon hypophthalmus</i>	Striped Catfish	Siluriformes	Pangasiidae	6.25				4.50	
<i>Pangasius pangasius</i>	Pangas Catfish	Siluriformes	Pangasiidae	15.90	0.10	1.85	5		
<i>Parabembras curtus</i>	Matron flathead	Scorpaeniformes	Bembridgeae	20.10	1.30				
<i>Parajulis poecilopterus</i>	Multicolor finfish	Perciformes	Labridae	19.30	2.60				
<i>Paralichthys olivaceus</i>	Bastard halibut	Pleuronectiformes	Paralichthyidae	20.75	0.38	0.40	12	1.00	3.00
<i>Parapercis multifasciata</i>	Bicolor-barred weever	Perciformes	Pinguipedidae	18.30	0.90				
<i>Parapercis sexfasciata</i>	Grub fish	Perciformes	Pinguipedidae	20.80	1.30				
<i>Parapristipoma trilineatum</i>	Grunt	Perciformes	Haemulidae	17.10	0.80	0.60	41	5.80	15.00
<i>Parascalopsis inermis</i>	Unarmed dwarf monocle bream	Perciformes	Nemipteridae	19.20	0.60				
<i>Parastromateus niger</i>	Black Pomfret	Perciformes	Carangidae	19.60	0.90	0.48			
<i>Parona signata</i>	Paro Leatherjacket	Perciformes	Carangidae	20.10					
<i>Pennahia argentata</i>	White croaker	Perciformes	Sciaenidae	18.65	0.40	0.60	5	2.50	2.90
<i>Percophis brasiliensis</i>	Brazilian Flathead	Perciformes	Percophidae	20.10					
<i>Pholis nebulosa</i>	Tidepool gunnel	Perciformes	Pholidae	20.70	1.10				
<i>Platycephalus indicus</i>	Bartailed flathead	Scorpaeniformes	Platycephalidae	20.00	0.60				
<i>Plecoglossus altivelis</i>	Sweet fish	Salmoniformes	Plecoglossidae	17.50	1.10	0.80	35	10.30	1.00
<i>Plectorhynchus cinctus</i>	Crescent sweetlips	Perciformes	Haemulidae	19.50	0.70				
<i>Pleurogrammus azonus</i>	Arabesque greenling	Scorpaeniformes	Hexagrammidae	18.45	4.15	1.10	25	10.70	3.00
<i>Pleuronectes herzensteini</i>	Brown sole	Pleuronectiformes	Pleuronectidae	19.50	0.35	0.80	5	3.10	13.00
<i>Pleuronectes yokohamae</i>	Marbled sole	Pleuronectiformes	Pleuronectidae	18.95	0.35	0.80	6	1.80	6.70
<i>Pleuronichthys cornutus</i>	Ridged-eye flounder	Pleuronectiformes	Pleuronectidae	17.60	1.10				
<i>Polynemus quadrifilis</i>	Giant African Threadfin	Perciformes	Poly nemidae	17.60	0.30	1.00			
<i>Pomatomus saltatrix</i>	Bluefish	Perciformes	Pomatomidae	21.50	1.40				

Species	Common name	Order	Family	Protein	Iron	Zinc	Vit A	Vit B12	Vit D
<i>Priacanthus macracanthus</i>	Red bigeye	Perciformes	Priacanthidae	18.90	1.20				
<i>Prionotus punctatus</i>	Bluewing Searobin	Scorpaeniformes	Triglidae	18.90					
<i>Protonibea diacanthus</i>	Blacksotted Croaker	Perciformes	Sciaenidae	18.60	0.40	0.65	17		0.60
<i>Psenopsis anomala</i>	Butterfish	Perciformes	Centrolophidae	16.35	0.55	0.80	95	2.70	2.00
<i>Pseudaesopia japonica</i>	Wavy-banded sole	Pleuronectiformes	Soleidae	18.40	1.10				
<i>Pseudambassis ranga</i>	Indian Glassy Catfish	Perciformes	Ambassidae	15.50	2.00	2.45	106		
<i>Pseudobleennius cottoides</i>	Sunrise sculpin	Scorpaeniformes	Cottidae	22.40	1.70				
<i>Pseudocaranx dentex</i>	Striped Jack/White Trevally	Perciformes	Carangidae	21.90	0.70	1.10	10	3.20	18.00
<i>Pseudogobio esocinus</i>	Pike gudgeon	Cypriniformes	Cyprinidae	15.70	1.20				
<i>Pseudolabrus japonicus</i>	Bambooleaf wrasse	Perciformes	Labridae	18.90	1.10				
<i>Pseudoplatystoma corruscans</i>	Spotted Sorubim	Siluriformes	Pimelodidae	18.20	1.90				
<i>Pseudorasbora parva</i>	Stone moroko	Cypriniformes	Cyprinidae	16.40	2.50				
<i>Pterocaesio digramma</i>	Double-Lined Fusilier	Perciformes	Caesionidae	20.20	0.50	0.70	7	4.40	2.00
<i>Puntius sophore</i>	Pool Barb	Cypriniformes	Cyprinidae	17.60	2.00	3.00			
<i>Rastrelliger brachysoma</i>	Short Mackerel	Perciformes	Scombridae	6.25					
<i>Rastrelliger kanagurta</i>	Indian mackerel	Perciformes	Scombridae	20.51					
<i>Rexea prometheoides</i>	Royal escolar	Perciformes	Gempylidae	20.00	0.80				
<i>Salangichthys microdon</i>	Icefish	Salmoniformes	Salangidae	13.45	0.55	1.20	50	3.30	1.00
<i>Salminus maxillosus</i>	Dorado	Characiformes	Bryconidae	18.80					
<i>Salmo salar</i>	Atlantic Salmon	Salmoniformes	Salmonidae	20.10	0.30	0.40	17	8.90	10.00
<i>Salmophasia bacaila</i>	Large Razorbelly Minnow	Cypriniformes	Cyprinidae	18.10	5.40	3.10			
<i>Salmophasia phulo</i>	Razorbelly Minnow	Cypriniformes	Cyprinidae	15.30	1.90	3.10			
<i>Salvelinus alpinus</i>	Arctic Char	Salmoniformes	Salmonidae	18.75	0.34	0.42	32		25.80
<i>Salvelinus leucomaenis</i>	White-Spotted Char/Char/Japanese Char	Salmoniformes	Salmonidae	19.00	0.30	0.80	5	4.20	5.00
<i>Salvelinus namaycush</i>	Lake Trout	Salmoniformes	Salmonidae	15.78	0.23	0.62	40		19.70
<i>Sarda orientalis</i>	Striped bonito	Perciformes	Scombridae	24.60	2.10				
<i>Sarda sarda</i>	Atlantic Bonito	Perciformes	Scombridae	22.00					
<i>Sardina pilchardus</i>	European pilchard	Clupeiformes	Clupeidae	17.33					21.20
<i>Sardinella zunasi</i>	Japanese sardinella	Clupeiformes	Clupeidae	16.30	1.90				
<i>Sardinops sagax</i>	South American Pilchard	Clupeiformes	Clupeidae	18.77	2.00	1.60	8	15.70	32.00
<i>Satyrichthys rieffeli</i>	Spotted armored-gurrd	Scorpaeniformes	Peristediidae	19.30	2.10				
<i>Saurida undosquamis</i>	Lizard fish	Aulopiformes	Synodontidae	20.80	0.40				
<i>Scomber australasicus</i>	Blue Mackerel	Perciformes	Scombridae	23.00	1.60	1.10	8	12.60	4.30
<i>Scomber colias</i>	Black Drum	Perciformes	Sciaenidae	18.80					
<i>Scomber japonicus</i>	Mackerel	Perciformes	Scombridae	19.00	1.60	1.10	37	12.90	5.10
<i>Scomber scombrus</i>	Atlantic Mackerel	Perciformes	Scombridae	17.20	0.90	0.90	44	8.10	10.00
<i>Scomberomorus cavalla</i>	King Mackerel	Perciformes	Scombridae	20.90	0.50	0.60	17	0.55	

Species	Common name	Order	Family	Protein	Iron	Zinc	Vit A	Vit B12	Vit D
<i>Scomberomorus commerson</i>	row-Barred Spanish Mackerel	Perciformes	Scombridae	19.80	2.00	0.40	30		
<i>Scomberomorus guttatus</i>	Indo-Pacific King Mackerel	Perciformes	Scombridae	20.90	0.80	0.78			
<i>Scomberomorus koreanus</i>	Korean seerfish	Perciformes	Scombridae	17.90	0.70				
<i>Scomberomorus niphonius</i>	Spanish mackerel	Perciformes	Scombridae	19.73	0.70	0.80	12	4.00	7.00
<i>Scombrops boops</i>	Japanese blue fish	Perciformes	Scombroptidae	18.75	0.65	0.40	8	1.90	4.00
<i>Scorpaena neglecta</i>	Izu scorpionfish sting fish	Scorpaeniformes	Scorpaenidae	15.50	0.90				
<i>Scorpaenopsis cirrhosa</i>	Weedy stingfish	Scorpaeniformes	Scorpaenidae	19.00	1.10				
<i>Sebastes alutus</i>	Pacific Ocean perch, Longjaw rockfish	Scorpaeniformes	Scorpaenidae	16.45	0.25	0.40	20	1.60	3.00
<i>Sebastes hubbsi</i>	Amorclad rockfish	Scorpaeniformes	Scorpaenidae	18.30	0.90				
<i>Sebastes inermis</i>	Black rock fish	Scorpaeniformes	Scorpaenidae	19.30	0.60				
<i>Sebastes iracundus</i>	Angry Rockfish	Scorpaeniformes	Scorpaenidae	16.30	0.20	0.40	85	3.30	3.00
<i>Sebastes matsubarae</i>	Matsubara's Red Rockfish	Scorpaeniformes	Scorpaenidae	16.80	0.30	0.40	26	0.70	1.00
<i>Sebastes oblongus</i>	Oblong rockfish	Scorpaeniformes	Scorpaenidae	21.30	0.70				
<i>Sebastes pachycephalus</i>	Spotbelly rockfish	Salmoniformes	Salmonidae	19.10	0.80				
<i>Sebastes schlegelii</i>	Korean rockfish	Scorpaeniformes	Scorpaenidae	21.40	0.50				
<i>Sebastes tazcanowskii</i>	White-edged rockfish	Perciformes	Sciaenidae	19.70	1.70				
<i>Sebastes thompsoni</i>	Gold eye rockfish	Scorpaeniformes	Scorpaenidae	18.60	1.50				
<i>Sebastes vulpes</i>	Fox jacopever	Scorpaeniformes	Scorpaenidae	22.40	1.00				
<i>Sebastes marmoratus</i>	Scorpion fish	Scorpaeniformes	Scorpaenidae	19.60	0.45	0.50	3	1.20	2.00
<i>Sebastolobus macrochir</i>	Kichiji Rockfish/ Broadbanded Thorny head	Scorpaeniformes	Sebastidae	13.60	0.30	0.40	65	1.00	4.00
<i>Semicossyphus reticulatus</i>	Cold porgy	Perciformes	Labridae	18.50	0.30				
<i>Seriola dumerili</i>	Greater Amberjack	Perciformes	Carangidae	21.00	0.60	0.70	4	5.30	4.00
<i>Seriola lalandi</i>	Amberjack	Perciformes	Carangidae	22.45	0.85	0.70	19	2.10	5.00
<i>Seriola quinqueradiata</i>	Yellow tail	Perciformes	Carangidae	21.20	1.00	0.70	50	3.80	8.00
<i>Seriola punctata</i>	Silver Warehou	Perciformes	Centrolophidae	18.60	0.60	0.50	100	1.80	3.00
<i>Setipinna phasa</i>	Gangetic Hairfin Anchovy	Clupeiformes	Engraulidae	17.70	1.80	3.20	12		
<i>Setipinna taty</i>	Scaly Hairfin Anchovy	Clupeiformes	Engraulidae	19.30	2.30	1.60	8		
<i>Siganus fuscescens</i>	Mottled spinefoot	Perciformes	Siganidae	20.30	1.20				
<i>Sillago japonica</i>	Japanese Whiting	Perciformes	Sillaginidae	18.50	0.10	0.40	1	2.20	0.70
<i>Sillago sihama</i>	Silver sillago	Perciformes	Sillaginidae	19.50	2.30				
<i>Silurus asotus</i>	Amur catfish	Siluriformes	Siluridae	15.10	0.80				
<i>Siniperca scherzeri</i>	Leopard mandarin fish	Perciformes	Percichthyidae	17.20	2.10				
<i>Sperata seenghala</i>	Giant River-Catfish	Siluriformes	Bagridae	15.90	0.70	0.23			
<i>Sphyaena japonica</i>	Japanese barracuda	Perciformes	Sphyaenidae	18.90	0.30				
<i>Sphyaena pinguis</i>	Red barracuda	Perciformes	Sphyaenidae	19.70	0.60	0.50	12	2.30	11.00
<i>Spratelloides gracilis</i>	Blue Sprat	Clupeiformes	Clupeidae	18.80	1.10	1.90		8.30	10.00
<i>Sprattus fuegensis</i>	Falkland Sprat	Clupeiformes	Clupeidae	14.00					

Species	Common name	Order	Family	Protein	Iron	Zinc	Vit A	Vit B12	Vit D
<i>Sprattus sprattus</i>	Sprat	Clupeiformes	Clupeidae	22.63					
<i>Stenodus leucichthys</i>	Sheefish	Salmoniformes	Salmonidae	19.00	0.40	0.30			
<i>Stephanolepis cirrhifer</i>	Thread-sail filefish	Tetraodontiformes	Mocanthidae	18.95	0.30	0.40	2	1.30	43.00
<i>Stichaeus grigorjewi</i>	Long shanny	Perciformes	Stichaeidae	19.10	1.20				
<i>Strangomera bentincki</i>	Araucanian herring	Clupeiformes	Clupeidae	16.50					
<i>Suggrundus meerdervoorti</i>	Big-eyed flathead	Scorpaeniformes	Platycephalidae	17.50	0.20	0.60	2	3.00	11.00
<i>Synchiropus altivelis</i>	Highfin bigeye dragonet	Perciformes	Callionymidae	16.90	0.60				
<i>Synodus myops</i>	Snakefish	Aulopiformes	Synodontidae	20.00	0.60				
<i>Systemus sarana</i>	Olive Barb	Cypriniformes	Cyprinidae	17.40	0.60	0.74			
<i>Tachysurus fulvidraco</i>	Yellow catfish	Siluriformes	Bagridae	15.55	0.90				
<i>Takifugu pardalis</i>	Panther puffer	Tetraodontiformes	Tetraodontidae	18.90	2.50				
<i>Takifugu poecilonotus</i>	Fine-patterned puffer	Tetraodontiformes	Tetraodontidae	15.90	1.00				
<i>Takifugu porphyreus</i>	Purple puffer	Tetraodontiformes	Tetraodontidae	20.20	0.25	1.50	7	3.00	6.00
<i>Takifugu rubripes</i>	Tiger puffer	Tetraodontiformes	Tetraodontidae	19.05	0.25	0.90	3	1.90	4.00
<i>Takifugu stictonotus</i>	Spotty-back puffer	Tetraodontiformes	Tetraodontidae	19.30	3.10				
<i>Takifugu vermicularis</i>	Purple puffer	Tetraodontiformes	Tetraodontidae	20.25	1.20				
<i>Takifugu xanthopterus</i>	Yellowfin puffer	Tetraodontiformes	Tetraodontidae	19.30	4.40				
<i>Tanakius kitaharae</i>	Willow flounder	Perciformes	Carangidae	18.30	1.90				
<i>Tenualosa ilisha</i>	Hilsha Shad	Clupeiformes	Clupeidae	18.00	1.30	0.54			
<i>Thamnaconus modestus</i>	Black scraper	Tetraodontiformes	Mocanthidae	18.05	0.45	0.50		1.40	8.00
<i>Theragra chalcogramma</i>	Alaska pollack	Gadiformes	Gadidae	17.45	0.85	0.50	10	2.90	0.50
<i>Thunnus alalunga</i>	Albacore	Perciformes	Scombridae	26.00	0.90	0.50	4	2.80	7.00
<i>Thunnus albacares</i>	Yellowfin tuna	Perciformes	Scombridae	24.10	1.80	0.50	2	5.80	6.00
<i>Thunnus maccoyii</i>	Southern Bluefin Tuna	Perciformes	Scombridae	23.30	1.60	0.50	39	0.70	
<i>Thunnus obesus</i>	Big-Eye Tuna	Perciformes	Scombridae	22.80	1.40	0.40	3	4.50	2.00
<i>Thunnus thynnus</i>	Bluefin tuna	Perciformes	Scombridae	26.20	2.05	0.50	61	6.90	12.00
<i>Thymallus arcticus</i>	Arctic Grayling	Salmoniformes	Salmonidae	20.00	1.00	0.70			
<i>Thyrsites atun</i>	Barracouta	Perciformes	Gempylidae	21.70	0.60	0.50	55	6.50	2.00
<i>Trachipterus ishikawae</i>	Slender ribbonfish	Lampriformes	Trachipteridae	18.10	0.30				
<i>Trachurus japonicus</i>	Horse mackerel	Perciformes	Carangidae	20.20	0.75	1.10	7	7.10	8.90
<i>Trachurus picturatus</i>	Bluejack Mackerel	Perciformes	Carangidae	19.00					
<i>Trachurus trachurus</i>	Atlantic Horse Mackerel	Perciformes	Carangidae	19.60	1.00	0.90	16	8.10	8.00
<i>Tribolodon hakonensis</i>	Far eastern dace	Cypriniformes	Cyprinidae	19.20	1.10	3.40	41	8.50	19.00
<i>Trichiurus lepturus</i>	Hair tail	Perciformes	Trichiuridae	17.50	0.60	0.50	52	0.90	14.00
<i>Trichogaster fasciata</i>	Banded Gourami	Perciformes	Belontiidae	15.80	0.90	1.35	39		
<i>Umbrina canosai</i>	Argentine Croaker	Perciformes	Sciaenidae	19.10					
<i>Upeneus japonicus</i>	Bensasi goatfish	Perciformes	Mullidae	7.10	1.40				
<i>Uranoscopus japonicus</i>	Stargazer	Perciformes	Uranoscopidae	18.20	0.70				
<i>Urophycis brasiliensis</i>	Brazilian Codling	Gadiformes	Phycidae	17.60	2.10				

Species	Common name	Order	Family	Protein	Iron	Zinc	Vit A	Vit B12	Vit D
<i>Verasper variegatus</i>	Spotted halibut	Pleuronectiformes	Pleuronectidae	18.20	0.20				
<i>Wallago attu</i>	Wallago	Siluriformes	Siluridae	15.40	0.80	0.27	1		
<i>Xenentodon cancila</i>	Freshwater Garfish	Beloniformes	Belonidae	16.60	0.80	0.94	65		
<i>Xenocephalus elongatus</i>	Blue-spotted stargazer	Perciformes	Uranoscopidae	17.40	0.40				
<i>Xiphias gladius</i>	Swordfish	Perciformes	Xiphiidae	18.10	3.35	0.70	61	1.90	8.80
<i>Zacco platypus</i>	Common minnow	Cypriniformes	Cyprinidae	18.85	1.25	2.50	10	11.30	10.00
<i>Zalanthias kelloggi</i>	Eastern flower porgy	Perciformes	Serranidae	19.00	1.00				
<i>Zebrias zebra</i>	Zebra sole	Pleuronectiformes	Soleidae	18.90	1.20				
<i>Zenopsis nebulosa</i>	Mirror dory	Zeiformes	Zeidae	20.30	0.80				
<i>Zeus faber</i>	John dory	Zeiformes	Zeidae	19.10	0.60				
<i>Zoarcetes gillii</i>	Blotched eelpout	Perciformes	Zoarcidae	18.50	0.40				

Supplementary Table 2. Nutrient content of fish species in dataset.^{2,3,4,5,6,7,8,9,10,11,12,13,14,15}

Category	Nutrient	# Valid Species	Min	Max	Median	Mean	SD
Protein, fats (g/100g)	Protein	371	6.3	33.8	18.6	18.5	2.9
	Total fat	367	0.1	26.8	2.3	3.6	4.1
	Omega-3 fatty acids	238	0.01	7.68	0.69	0.97	1.12
	Omega-6 fatty acids	238	0.00	4.41	0.11	0.20	0.41
Minerals (mg/100g)	Iron	344	0.10	9.10	1.00	1.19	1.04
	Zinc	177	0.06	3.90	0.65	0.91	0.73
Vitamins (µg/100g)	Vitamin A (retinol activity equivalents)	146	0.0	2680.0	15.0	96.6	356.5
	Vitamin B12	124	0.0	28.2	2.9	4.6	4.4
	Vitamin D	122	0.0	43.0	5.0	8.1	8.2

Supplementary Table 3. Summary statistics for life history traits.

Continuous Variables	# Valid Species	Min	Max	Median	Mean	SD
Minimum depth (m)	259	0	320	3.0	28.15	59.4
Maximum depth (m)	249	2	3850	200.0	247.5	484.8
Maximum length (cm)	370	8.0	505.1	48.0	71.7	70.4
<i>a</i> (L/W scalar)	333	.0004	.0263	0.0089	0.0097	0.0055
<i>b</i> (L/W exponent)	332	2.79	3.39	3.05	3.05	0.08
Trophic level	373	2.0	4.7	3.6	3.6	0.5

Categorical Variables	Categories	# Species	Percent
Habitat	Bathydemersal	15	4.0
	Benthopelagic	90	23.9
	Demersal	149	39.6
	Pelagic	25	6.6
	Pelagic-neritic	51	13.6
	Reef-associated	44	11.7
Latitudinal range	Tropical	126	33.5
	Subtropical	104	27.7
	Temperate	126	33.5
	Boreal/austral	5	1.3
	Polar	8	2.1

Supplementary Table 4. Evolutionary correlation matrix, with omega-3 and omega-6 fatty acids included. Correlations with $p < 0.1$ are in **bold**.

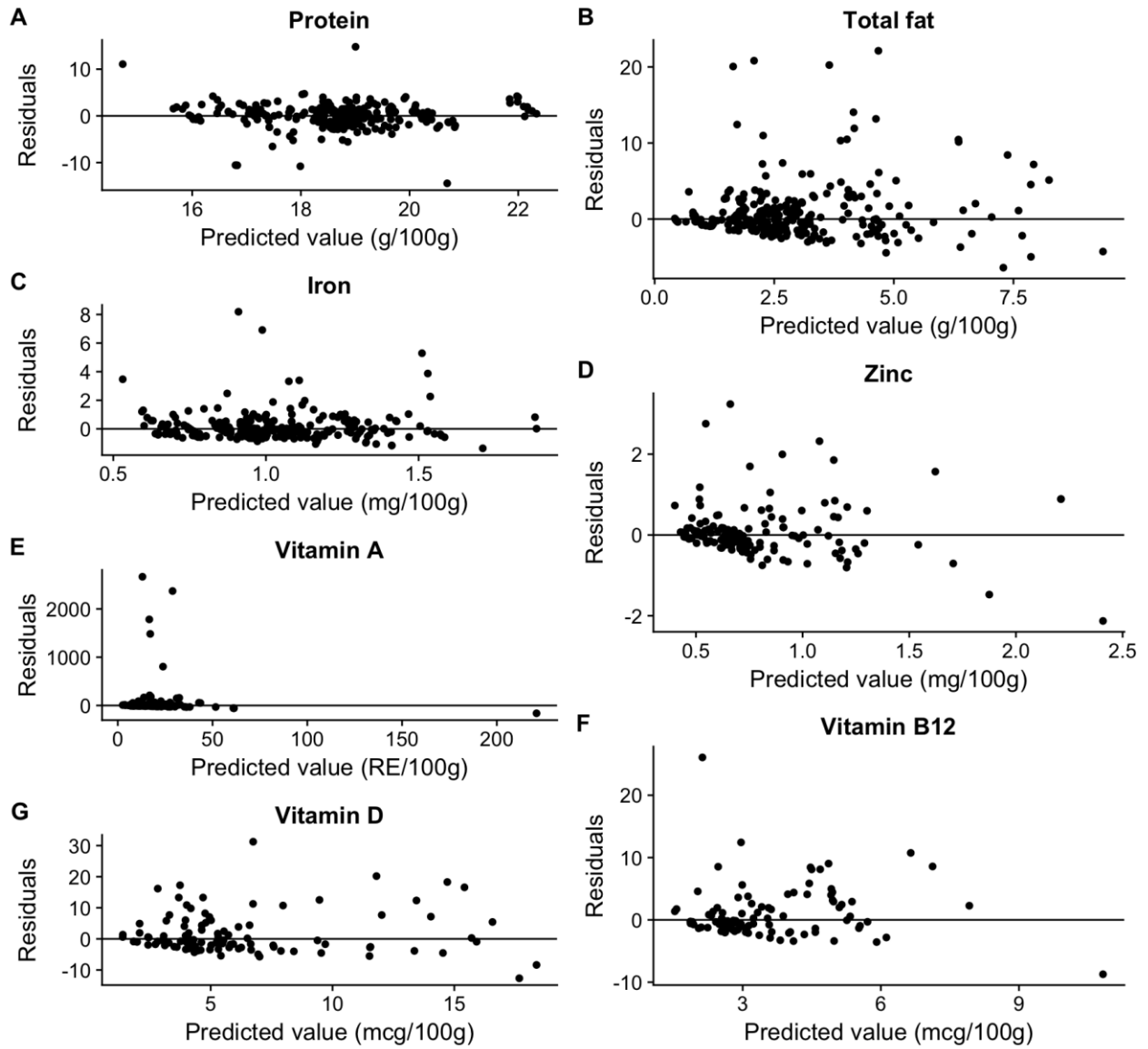
	depmin	depmax	maxlen	a_lw	b_lw	troph	protein	fat	iron	zinc	vitA	vitb12	vitd
depmin	1.00	0.22	0.07	-0.06	0.05	0.09	-0.02	0.06	-0.04	-0.08	0.17	0.00	-0.11
depmax	0.22	1.00	0.46	-0.32	0.15	0.43	-0.23	0.37	-0.07	-0.25	0.46	-0.09	0.04
maxlen	0.07	0.46	1.00	-0.13	-0.10	0.44	0.11	0.12	-0.06	-0.45	0.31	-0.21	0.13
a_lw	-0.06	-0.32	-0.13	1.00	-0.60	-0.22	0.13	-0.18	-0.13	-0.11	-0.13	-0.15	0.09
b_lw	0.05	0.15	-0.10	-0.60	1.00	0.00	-0.15	0.10	0.20	0.23	0.15	0.06	0.04
troph	0.09	0.43	0.44	-0.22	0.00	1.00	0.17	0.01	-0.13	-0.24	0.06	-0.16	-0.06
protein	-0.02	-0.23	0.11	0.13	-0.15	0.17	1.00	-0.39	0.08	0.07	-0.41	0.14	0.01
lipid	0.06	0.37	0.12	-0.18	0.10	0.01	-0.39	1.00	0.16	-0.04	0.69	0.31	0.42
iron	-0.04	-0.07	-0.06	-0.13	0.20	-0.13	0.08	0.16	1.00	0.55	0.21	0.56	0.26
zinc	-0.08	-0.25	-0.45	-0.11	0.23	-0.24	0.07	-0.04	0.55	1.00	-0.03	0.38	0.18
ret_eq	0.17	0.46	0.31	-0.13	0.15	0.06	-0.41	0.69	0.21	-0.03	1.00	0.05	0.27
vitb12	0.00	-0.09	-0.21	-0.15	0.06	-0.16	0.14	0.31	0.56	0.38	0.05	1.00	0.22
vitd	-0.11	0.04	0.13	0.09	0.04	-0.06	0.01	0.42	0.26	0.18	0.27	0.22	1.00

P-VALUES

	depmin	depmax	maxlen	a_lw	b_lw	troph	protein	fat	iron	zinc	vitA	vitb12	vitd
depmin	NA	0.085	0.340	0.351	0.372	0.301	0.392	0.351	0.376	0.322	0.157	0.397	0.271
depmax	0.085	NA	0.000	0.014	0.186	0.001	0.071	0.004	0.337	0.050	0.000	0.308	0.381
maxlen	0.340	0.000	NA	0.232	0.281	0.000	0.269	0.258	0.355	0.000	0.016	0.097	0.223
a_lw	0.351	0.014	0.232	NA	0.000	0.087	0.234	0.135	0.228	0.267	0.226	0.188	0.308
b_lw	0.372	0.186	0.281	0.000	NA	0.397	0.198	0.283	0.112	0.068	0.199	0.351	0.379
troph	0.301	0.001	0.000	0.087	0.397	NA	0.150	0.396	0.240	0.064	0.354	0.175	0.359
protein	0.392	0.071	0.269	0.234	0.198	0.150	NA	0.002	0.317	0.333	0.001	0.207	0.395
lipid	0.351	0.004	0.258	0.135	0.283	0.396	0.002	NA	0.170	0.374	0.000	0.017	0.001
iron	0.376	0.337	0.355	0.228	0.112	0.240	0.317	0.170	NA	0.000	0.097	0.000	0.041
zinc	0.322	0.050	0.000	0.267	0.068	0.064	0.333	0.374	0.000	NA	0.385	0.003	0.134
ret_eq	0.157	0.000	0.016	0.226	0.199	0.354	0.001	0.000	0.097	0.385	NA	0.362	0.034
vitb12	0.397	0.308	0.097	0.188	0.351	0.175	0.207	0.017	0.000	0.003	0.362	NA	0.082
vitd	0.271	0.381	0.223	0.308	0.379	0.359	0.395	0.001	0.041	0.134	0.034	0.082	NA

Supplementary Figures

Supplementary Figure 1. Residual plots for nutrient prediction: protein (A), total fat (B), iron (C), zinc (D), vitamin A (E), vitamin B12 (F), and vitamin D (G).



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