

survivalskills.guide

Ultimate Wild Game and Edibles Nutritional Cheatsheet

Mammals

Raw portion 3.5 oz / 100g	Calories	Protein %	Fat %	Raw portion 3.5 oz / 100g	Calories	Protein %	Fat %
Anthelope	114	22.3	2.03	Goat (roasted)	143	27.1	3
Beaver	146	24.05	4.8	Moose	102	22.4	0.74
Bear	161	20.1	8.3	Muskrat	162	20.76	8.1
Buffalo	99	20.39	1.37	Opossum (roasted)	221	30.2	10.2
Caribou	127	22.63	6.42	Rabbit	114	21.79	2.32
Deer	120	22.96	2.42	Squirrel	120	21.3	3.21
Elk	111	22.95	1.45	Wild Boar	122	21.51	3.33

Birds

Raw portion 3.5 oz / 100g	Calories	Protein %	Fat %	Raw portion 3.5 oz / 100g	Calories	Protein %	Fat %
Goose, Canada (meat only)	133	24.3	4	Pheasant	133	23.57	3.64
Duck (meat only)	123	19.8	4.25	Wild Turkey (meat only)	112	22.64	1.93
Grouse, Ruffed	112	25.9	29.3				

Reptiles

Raw portion 3.5 oz / 100g	Calories	Protein %	Fat %	Raw portion 3.5 oz / 100g	Calories	Protein %	Fat %
Alligator	143	3	29	Green Turtle	89	0.5	19.8
Frog (legs)	73	0.3	16.4				

Insects

Dry portion 3.5 oz / 100g	Calories	Protein %	Fat %	Dry portion 3.5 oz / 100g	Calories	Protein %	Fat %
Crickets	120	9.6	5.6	Mealworm	138	20	13
Grasshopper	96	14.3	3.3	Red Ants (cooked)	194	12.7	12.5
June beetle	78	14.3	3.3	Termites	124	12.4	1.3
Locust	179	18	21.5	Witchetty Grub (dry)	325	16	29

Fish and Seafood

Raw portion 3.5 oz / 100g	Calories	Protein %	Fat %	Raw portion 3.5 oz / 100g	Calories	Protein %	Fat %
---------------------------	----------	-----------	-------	---------------------------	----------	-----------	-------

survivalskills.guide

Bass (Small & Largemouth)	104	18.8	2.6	Pompano	166	18.8	9.5
Bluefish	117	20.5	3.3	Porgy and Scup	112	19	3.4
Buffalo fish	113	17.5	4.2	Red, Gray Snappers	93	19.8	0.9
Bullhead	84	16.3	1.6	Redhorse, Silver	98	18	2.3
Burbot (Lawyer)	82	17.4	0.9	Rockfish	97	18.9	1.8
Butterfish	169	18.1	10.2	Roe (Carp, Cod, Haddock, Herring, Pike & Shad)	130	24.4	2.3
Carp	115	18	4.2	Roe (Salmon, Sturgeon & Turbot)	207	25.2	10.4
Catfish (freshwater)	103	17.6	3.1	Sablefish	190	13	14.9
Caviar (Sturgeon)	262	15	26.9	Salmon, Atlantic	217	22.5	13.4
Chiton, Gumboot	83	17.1	1.6	Salmon, Chinook (King)	222	19.1	15.6
Chub	145	15.3	8.8	Salmon, Chum	120	20.1	3.7
Clam (meat only)	82	14	1.9	Salmon, Coho (Silver)	136	21.5	5.7
Cod	78	17.6	0.3	Salmon, Pink	119	20	3.7
Crab (cooked, steamed)	93	17.3	1.9	Salmon, Sockeye (Red)	143	20.3	6.9
Crappie	79	16.8	0.8	Sauger	84	17.9	0.8
Crayfish (freshwater)	72	14.6	0.5	Scallop (Bay and Sea)	81	15.3	0.2
Croaker	96	17.8	2.2	Sea Cucumber	56	13	0.4
Cusk	75	17.2	0.2	Sea Urchin	172	13.2	2.82
Dogfish, spiny (Grayfish)	156	17.6	9	Seabass (White)	96	21.4	0.5
Drum, Freshwater (Sheeps head)	121	17.3	5.2	Shrimp	91	18.1	0.8
Eel, American	233	15.9	18.3	Skate	98	21.5	0.7
Flounder	79	16.7	0.8	Slipper Shell	61	8.4	1.8
Grouper	87	19.3	0.5	Smelt (Eulachon)	98	18.6	2.1
Haddock	79	18.3	0.1	Snail	90	16.1	1.4
Hake	74	16.5	0.4	Sole	79	16.7	0.8
Halibut	100	20.9	1.2	Spanish Mackerel	177	19.5	10.4
				Spiny Dogfish	130	20.9	4.5
Lake Herring (Cisco)	96	17.7	2.3	Squid	84	16.4	0.9

survivalskills.guide

Lake Trout	168	18.3	10	Sturgeon (see also Caviar)	94	18.1	1.9
Lake Trout (Siscoette, Over 6.5 lbs)	524	7.9	54.4	Sucker	104	20.6	1.8
Lake Trout (Siscoette, Under 6.5 lbs)	241	14.3	19.9	Swordfish	174	28	6
Lingcod	84	17.9	0.8	Tautog (Blackfish)	89	18.6	1.1
Lobster (whole)	91	16.9	1.9	Tilapia	88	22	4.4
Mullet, Striped	146	19.6	6.9	Tilefish	79	17.5	0.5
Muskellunge (Musky)	109	20.2	2.5	Trout, Brook	101	19.2	2.1
Mussels (meat only)	95	14.4	2.2	Trout, Rainbow (Steelhead)	195	21.5	11.4
Octopus	73	15.3	0.8	Tuna (raw)	145	25.2	4.1
Oyster (meat only)	66	8.4	1.8	Turtle	89	19.8	0.5
Perch, Ocean (Redfish)	88	18	1.2	Walleye	93	19.3	1.2
Perch, Yellow (Lake Perch)	91	19.5	0.9	Weakfish	121	16.5	5.6
Pike, Northern	88	18.3	1.1	Whitefish, Lake (freshwater)	155	18.9	8.2
Pollack	95	20.4	0.9	Whiting	105	18.3	3

Plants

Raw portion 3.5 oz / 100g	Calories	% Protein	% Fat	Raw portion 3.5 oz / 100g	Calories	% Protein	% Fat
Acorn (raw)	387	6.15	23.86	Perennial lily root	95.4	1.4	0.2
Arrowroot	65	4.24	0.2	Persimmon	127	0.8	0.4
Balsam Poplar (bark)	230	1.9	-	Pigweed	56	6	0.9
Bitterroot (dry)	343	4	0.6	Plantain, Greater (leaves)	61	2.5	0.3
Black cottonwood	31	0.2	0.5	Prickly Pears	42	0.12	0.11
Black hawthorn	73	0.3	1.4	Purslane	20	2.3	0.36
Black Walnuts	607	25.4	58.9	Red elderberry	110	2.9	4.8
Blackcap raspberry	87	1.2	1.4	Red huckleberry	56	0.8	0.5
Bog blueberry	51	0.7	0.6	Rice roots	102	2.9	0.3
Bunchberry	76	0.6	0.8	Rosehip	82	1.6	0.6

survivalskills.guide

Burdock root	72	1.53	0.15	Salal berries	63	2.1	0.7
Butternut	629	23.7	61.2	Salmonberry	52	1.4	0.8
Cattail rhizome (dry)	-	7.7	4.9	Salmonberry shoots	31	0.5	0.6
Cattail shoots	25	1.18	0	Saskatoon berry	99	0.7	1.2
Chokecherry (pitted)	162	3.04	1.69	Seaweed, Kelp	43	1.68	0.56
Cottonwood (inner bark)	27	0.2	0.5	Seaweed, laver	303	24.4	1.4
Cow parsnip stems	20	0.2	0.3	Sheep sorrel	48	1.1	0.6
Crowberry	45	0.2	0.7	Shepherd's Purse	33	3	0.5
Curly Dock	24	2.6	0.3	Silverweed roots (steamed)	136	3.1	0.6
Dandelion Greens	45	2.7	0.7	Soapberry	80	1.8	0.7
Desert parsley roots	190	2.2	1	Sow Thistle	20	1.9	0.3
Dulse (red algae) dry fronds	323	19.9	0.6	Spiny wood fern	128	2.5	1
Fireweed shoots	30	0.3	0.4	Springbank clover rhizomes	73	0.7	0.5
Goosefoot, Lamb's Quarters	43	4.2	0.8	Stinging Nettle	44	1.8	0.6
Grey blueberry	54	1.1	0.5	Stink currant	70	0.8	1.2
Hazelnut, Beaked	628	14.89	52.99	Sugar Maple syrup	348	0.1	-
Hickory nuts (dried)	657	12.7	64.37	Swamp gooseberry	66	1.5	2.3
Highbush cranberry	42	0.1	0.4	Thimbleberry	110	1.7	1.2
Horsetails	20	2.1	-	Thimbleberry shoots	28	0.6	0.4
Jerusalem artichoke	77	2.6	0.5	Trembling Aspen	-	1.3	-
Kelp, Laminaria	43	1.7	0.6	Wapato (Arrowhead)	99	5.33	0.29
Kinnikinnick berry	102	0.7	1.1	Watery Blueberry	74	0.9	0.6
Lambsquarters	41	3.3	0.6	Western Hemlock (cambium)	103	2.3	0.6
Licorice fern root	141	0.9	4.6	Wild black gooseberry	77	1.1	1.5

survivalskills.guide

Lupine root	73	2	0.4	Wild blue currant	65	0.7	0.6
Mountain Alder bark	270	4.3	-	Wild Leek, Ramp	61	1.5	0.3
Mountain bilberry	59	0.6	0.5	Wild Onion	42.2	3.5	0.2
Mulberries	43	1.44	0.39	Wild raspberry	73	0.6	0.8
Ostrich fern (dried)	376	36	4	Wild Rice	357	14.73	1.08
Pacific crabapple	79	1.2	1.6	Wild Strawberry	61	0.6	0.9
Parsnip	75	1.2	0.3	Wood Sorrel	49	2.3	0.8
Pawpaw	85	5.2	0.9				

Mushrooms and Fungi

Dry portion 3.5 oz / 100g	Calories	Protein %	Fat %
Black trumpets, <i>Craterellus cornucopioides</i>	378	69.45	4.88
Cauliflower Mushroom, <i>Sparassis Crispa</i>	283	32.6	5.2
Chanterel, <i>Cantharellus cibarius</i>	381	35.7	1.4
Chicken of the woods, <i>Laetiporus sulphureus</i>	341	10.6	2.96
Hedgehog Mushroom, <i>Hydnum repandum</i>	434	34	6.3
Lion's Mane or Bear's Head, <i>Hericium</i>	190	22.3	3.52
Morel, <i>Morchella</i>	323	41.7	12
Oyster mushroom, <i>Pleurotus ostreatus</i>	193	23.8	2.1
Porcini Mushroom, <i>Boletus edulis</i>	159	18	5.7

survivalskills.guide

Sources

- USDA Food Composition Databases: <https://ndb.nal.usda.gov/ndb/search/list>

Fish and Seafood

- Fish, Low in Calories High in Nutrition: <https://aqua.wisc.edu/publications/PDFs/LowCaloriesHighNutrition.pdf>
- Nutritional Study of Seven Molluscan Species: <http://www.pcas.org/documents/BoxtandMillerweb.pdf>
- Seafood Handbook: <https://www.seafoodsource.com/seafood-handbook/>
- Sea Urchin Nutritional Information: <http://www.puha.org/assets/sea-urchin-nutritional-information.asp>
- What I ate for 57 days on Vancouver Island on the TV show Alone: <https://www.nicoleapelian.com/blog/ate-57-days-vancouver-island-tv-show-alone/>

Plants

- Nutrient Values of Traditional Plant Foods: <http://www.fao.org/wairdocs/other/ai215e/AI215E08.htm>
- First Nations Traditional Foods Factsheets: http://www.fnha.ca/wellnessContent/Wellness/Traditional_Food_Facts_Sheets.pdf
- Nutritional Composition of Wild Food Plants: <http://www.motherearthnews.com/-/media/Images/MEN/Editorial/Articles/Magazine-Articles/1986/07-01/Discover-the-Nutritional-Value-of-Wild-Foods/100-082-01tab.jpg>

Insects

- Edible insects Future prospects for food and feed security: <http://www.fao.org/docrep/018/i3253e/i3253e.pdf>
- Entomophagy, the consumption of insects as food: <http://www.scmp.com/infographics/article/1238110/entomophagy-consumption-insects-food>
- Nutrition of the Tamandua: https://www.researchgate.net/profile/Eduardo_Valdes2/publication/238691775_Nutrition_of_the_Tamandua_I_Nutrient_composition_of_termites_Nasutitermes_spp_and_stomach_contents_from_wild_tamanduas_Tamandua_tetradactyla/links/542c02a60cf29bbc126af323.pdf
- Development of regional standard for Edible Crickets and their products: ftp://ftp.fao.org/codex/Meetings/CCASIA/ccasia17/CRDS/AS17_CRD08x.pdf

Mushrooms

- Nutritional values and antioxidant potential of some edible mushrooms of Kashmir valley: <https://pdfs.semanticscholar.org/a4cb/b643c022dfe3db103d4c66363ed35a77adcf.pdf>
- Wild and commercial mushrooms as source of nutrients and nutraceuticals: <https://bibliotecadigital.ipb.pt/bitstream/10198/743/1/Wild%20and%20commercial%20mushrooms%20as%20source%20of%20nutrients%20and%20nutraceuticals.pdf>
- Chemical composition of the mushroom *Laetiporus sulphureus*: https://www.researchgate.net/publication/273483883_Chemical_composition_of_the_mushroom_Laetiporus_sulphureus_Bull_Murill
- Nutritional Composition of Some Wild Edible Mushrooms: <http://www.turkjbiochem.com/2009/025-031.pdf>
- Nutrient Compositions of Culinary-Medicinal Mushroom Fruiting Bodies and Mycelia: https://www.researchgate.net/profile/Jeng-Leun_Mau/publication/51874169_Nutrient_Compositions_of_Culinary-Medicinal_Mushroom_Fruiting_Bodies_and_Mycelia/links/00b495300b83560eb9000000.pdf

survivalskills.guide

- A review of chemical composition and nutritional value of wild-growing and cultivated mushrooms:
https://www.researchgate.net/publication/233745831_A_review_of_chemical_composition_and_nutritional_value_of_wild-growing_and_cultivated_mushrooms