

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

### Birds

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

### Reptiles

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

### Insects

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

### Fish and Seafood

Raw portion 3.5 oz / 100g	Calories	Protein %	Fat %	Raw portion 3.5 oz / 100g	Calories	Protein %	Fat %
<b>Bass (Small &amp; Largemouth)</b>	104	18.8	2.6	<b>Pompano</b>	166	18.8	9.5

# RewildSurvive.com

<b>Bluefish</b>	117	20.5	3.3	<b>Porgy and Scup</b>	112	19	3.4
<b>Buffalo fish</b>	113	17.5	4.2	<b>Red, Gray Snappers</b>	93	19.8	0.9
<b>Bullhead</b>	84	16.3	1.6	<b>Redhorse, Silver</b>	98	18	2.3
<b>Burbot (Lawyer)</b>	82	17.4	0.9	<b>Rockfish</b>	97	18.9	1.8
<b>Butterfish</b>	169	18.1	10.2	<b>Roe (Carp, Cod, Haddock, Herring, Pike &amp; Shad)</b>	130	24.4	2.3
<b>Carp</b>	115	18	4.2	<b>Roe (Salmon, Sturgeon &amp; Turbot)</b>	207	25.2	10.4
<b>Catfish (freshwater)</b>	103	17.6	3.1	<b>Sablefish</b>	190	13	14.9
<b>Caviar (Sturgeon)</b>	262	15	26.9	<b>Salmon, Atlantic</b>	217	22.5	13.4
<b>Chiton, Gumboot</b>	83	17.1	1.6	<b>Salmon, Chinook (King)</b>	222	19.1	15.6
<b>Chub</b>	145	15.3	8.8	<b>Salmon, Chum</b>	120	20.1	3.7
<b>Clam (meat only)</b>	82	14	1.9	<b>Salmon, Coho (Silver)</b>	136	21.5	5.7
<b>Cod</b>	78	17.6	0.3	<b>Salmon, Pink</b>	119	20	3.7
<b>Crab (cooked, steamed)</b>	93	17.3	1.9	<b>Salmon, Sockeye (Red)</b>	143	20.3	6.9
<b>Crappie</b>	79	16.8	0.8	<b>Sauger</b>	84	17.9	0.8
<b>Crayfish (freshwater)</b>	72	14.6	0.5	<b>Scallop (Bay and Sea)</b>	81	15.3	0.2
<b>Croaker</b>	96	17.8	2.2	<b>Sea Cucumber</b>	56	13	0.4
<b>Cusk</b>	75	17.2	0.2	<b>Sea Urchin</b>	172	13.2	2.82
<b>Dogfish, spiny (Grayfish)</b>	156	17.6	9	<b>Seabass (White)</b>	96	21.4	0.5
<b>Drum, Freshwater (Sheeps head)</b>	121	17.3	5.2	<b>Shrimp</b>	91	18.1	0.8
<b>Eel, American</b>	233	15.9	18.3	<b>Skate</b>	98	21.5	0.7
<b>Flounder</b>	79	16.7	0.8	<b>Slipper Shell</b>	61	8.4	1.8
<b>Grouper</b>	87	19.3	0.5	<b>Smelt (Eulachon)</b>	98	18.6	2.1
<b>Haddock</b>	79	18.3	0.1	<b>Snail</b>	90	16.1	1.4
<b>Hake</b>	74	16.5	0.4	<b>Sole</b>	79	16.7	0.8
<b>Halibut</b>	100	20.9	1.2	<b>Spanish Mackerel</b>	177	19.5	10.4
<b>Herring (Bismark) (pickled)</b>	223	20.4	15.1	<b>Spiny Dogfish</b>	130	20.9	4.5
<b>Lake Herring (Cisco)</b>	96	17.7	2.3	<b>Squid</b>	84	16.4	0.9
<b>Lake Trout</b>	168	18.3	10	<b>Sturgeon (see also Caviar)</b>	94	18.1	1.9

# RewildSurvive.com

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
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	-	7.7	4.9	Salmonberry	31	0.5	0.6

# RewildSurvive.com

(dry)				shoots			
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
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

# RewildSurvive.com

<b>Ostrich fern (dried)</b>	376	36	4	<b>Wild Rice</b>	357	14.73	1.08
<b>Pacific crabapple</b>	79	1.2	1.6	<b>Wild Strawberry</b>	61	0.6	0.9
<b>Parsnip</b>	75	1.2	0.3	<b>Wood Sorrel</b>	49	2.3	0.8
<b>Pawpaw</b>	85	5.2	0.9				

## Mushrooms and Fungi

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

# RewildSurvive.com

## 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](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](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](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](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](https://www.researchgate.net/profile/Jeng-Leun_Mau/publication/51874169_Nutrient_Compositions_of_Culinary-Medicinal_Mushroom_Fruiting_Bodies_and_Mycelia/links/00b495300b83560eb9000000.pdf)
- 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](https://www.researchgate.net/publication/233745831_A_review_of_chemical_composition_and_nutritional_value_of_wild-growing_and_cultivated_mushrooms)