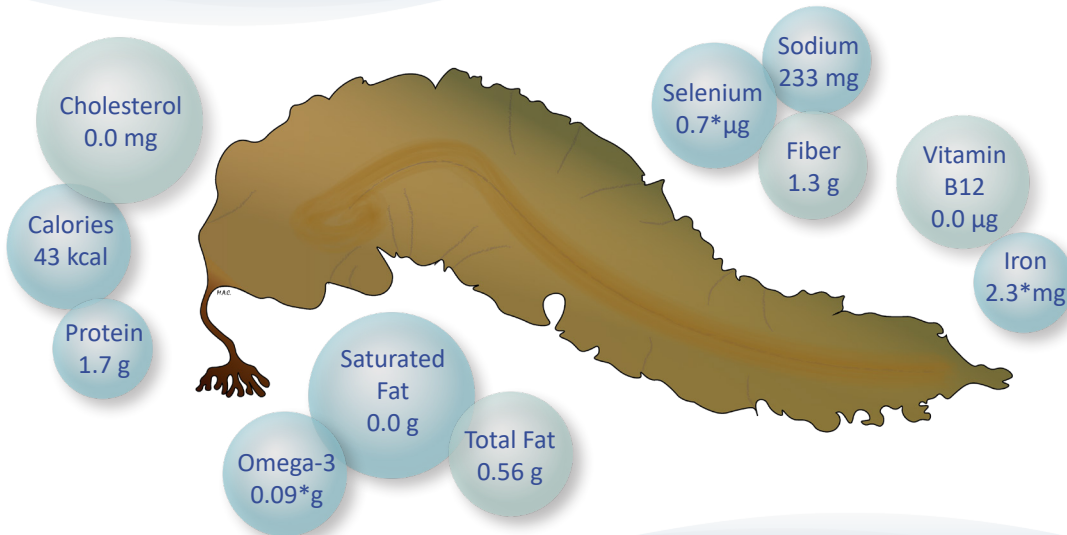


# Sugar Kelp Nutrition

*Saccharina latissima*



The nutrition information provided is for a 3.5 oz raw serving of sugar kelp from the NOAA Fisheries website. The asterisk indicates data on mixed seaweed species from the United States Department of Agriculture's (USDA) FoodData Central database.



Want more detailed nutritional information for your seafood?  
Check out FoodData Central ([fdc.nal.usda.gov](https://fdc.nal.usda.gov)).



Want to learn more about U.S. fisheries management and sustainability?  
Check out FishWatch ([www.fishwatch.gov](http://www.fishwatch.gov)).



Want more seafood resources?  
Check out [www.nyseagrant.org/seafoodmarketing](http://www.nyseagrant.org/seafoodmarketing)