

Nutrition of selected meats and prey for reptiles



	‡ Chick, 1 day	‡ Mouse, adult	‡ Rat	Egg, whole, raw 1/2 cup	Egg, yolk, raw 1/2 cup	Egg, scrambled	Chicken * by wt	Atlantic cod, (1 fillet)	Carp, raw (1 fillet)	Bass, striped (1 fillet)	Catfish, channel (1 fil)
By unit/weight (g)				121.5	121.5	110	100	115	109	159	159
Water (g)				92.52	63.56	84.04	65.99	93.81	83.18	125.9	127.7
Energy (kcal)	1.04	2.07	.69	174	391	164	215	95	138	154	151
Protein (g) ‡	15.3%	19.8%	7.6%	15.26	19.27	10.99	18.60	20.57	19.43	28.19	26.04
Fat, total lipid (g) ‡	4.4 %	8.8 %	1.9 %	11.55	32.25	12.08	15.06	0.77	6.10	3.70	4.48
Carbohydrate (g)				.087	4.36	1.77	0	0	0	0	0
Fiber, total dietary (g)				0	0	0	0	0	0	0	0
Sugars, total (g)				0.45	0.68	1.53	0	0	0		
Calcium (mg) ‡	.44%	.84%	.54%	68	157	73	11	18	45	24	22
Iron (mg)				2.13	3.32	1.44	0.90	0.44	1.35	1.34	0.48
Magnesium (mg)				15	6	12	20	37	32	64	37
Phosphorous (mg) ‡	.40%	.61%	1.39%	241	474	182	147	234	452	315	332
Potassium (mg)				168	132	145	189	477	363	407	569
Sodium (mg)				173	58	160	70	62	53	110	68
Zinc (mg)				1.57	2.79	1.14	1.31	0.52	1.61	0.64	0.81
Vitamin C, ascorbid acid (mg)				0	0	0	1.6	1.2	1.7	0	1.1
Thiamin (mg)				0.049	0.214	0.044	0.060	0.088	0.125	0.159	0.334
Riboflavin (mg)				0.555	0.642	0.414	0.120	0.075	0.060	0.048	0.114
Niacin (mg)				0.091	0.029	0.084	6.801	2.383	1.788	3.339	3.032
Vitamin B-6 (mg)				0.207	0.425	0.147	0.350	0.283	0.207	0.477	0.184
Folate, total (mcg)				57	177	40	6	8	16	14	16
Vitamin B-12 (mcg)				1.08	2.37	0.84	0.31	1.05	1.67	6.07	3.55
Vitamin A (mcg)				194	463	177	41	14	10	43	24
Vitamin E (mg)				1.28	3.13	1.26	0.30	.074	0.69		
Vitamin D (D2+D3) (mcg)				2.4	6.6	2.0	75	1.0	26.9		19.9
Vitamin K (mcg)				0.4	0.9	4.4	1.5	0.1	0.1		
Fatty acids, total saturated (g)				3.126	11.60	3.664	4.310	0.151	1.180	0.806	1.148
Fatty acids, total monosaturat (g)				3.658	14.26	4.885	6.240	0.109	2.538	1.049	1.342
Fatty acids, total polysaturate (g)				1.911	5.108	2.672	3.230	0.267	1.560	1.247	1.375
Cholesterol (mg)				452	1318	305	75	50	72	127	92

‡ figures are in percentage as indicated

Source: USDA Nutrient Data Laboratory

†Source: anapsid.org

Shrimp, (1 lg)	Shrimp (1) jumbo	Crab, Alaska(1 leg)	Crayfish (1)	Rabbit * by wt	Lobster (1)	Turkey * by wt
7	30	172	3.38	100	185	100
5.81	24.90	136.86	2.78	74.51	121.4	70.40
5	21	144	3	114	116	160
0.95	4.08	31.46	0.54	21.79	24.78	20.42
0.07	0.30	103	0.03	2.32	1.12	8.02
0.06	0.27	0	0	0	0	0
0	0	0	0	0	0	0
0	0		0		0	0
4	16	79	1	12	126	15
0.01	0.06	1.01	0.03	3.20	0.39	1.43
2	7	84	1	29	57	22
17	73	377	9	226	242	178
8	34	351	10	378	300	266
40	170	1438	2	50	634	65
0.07	0.29	10.23	0.04		5.30	2.20
0	0	12.0	0	0	0	0
0.001	0.006	0.074	0.002	0.030	0.030	0.064
0.001	0.004	0.074	0.001	0.060	0.021	0.155
0.124	0.533	1.892	0.075	6.500	2.386	4.085
0.011	0.048	0.258	0.004		0.156	0.410
1	6	76	1		15	8
0.08	0.33	15.48	0.07		1.88	0.40
4	16	12	1		2	2
0.09	0.40		0.10		1.30	0.35
0	0		0		0	0.1
0	01		0		2	3.1
0.008	0.034	0.155	0.005	0.690	0.271	2.260
0.006	0.024	0.138	0.006	0.630	0.330	2.900
0.009	0.039	0.224	0.010	0.450	0.444	1.980
9	38	72	4	81	190	68