



The quality of Alaska Seafood is determined by what it doesn't contain. Alaska's marine habitats are nearly pollution-free compared to the rest of the world. Feeding on organic marine organisms, Alaska Seafood is additive-free and provides healthful, natural vitamins, minerals, nutrients and heart-healthy polyunsaturated fats.

### Health Benefits of Alaska Seafood

Alaska Seafood is naturally high in many essential vitamins, including vitamins E, C, D and A. Some varieties are also very high in antioxidant E, which has proven to strengthen the immune system and lower the risk of heart disease by reducing buildup of plaque in coronary arteries.

In addition, Alaska Seafood contains a wide variety of minerals, including zinc, iron, calcium and selenium. The high nutritional value along with a lean, firm texture and superior flavor makes Alaska Seafood a great, healthy meal alternative.

### Convenient Sources for Seafood

Fresh and frozen Alaska Salmon offers high concentrations of Omega 3 oils that are proven to reduce the risk of coronary disease. Omega 3 has also proven to be beneficial in the treatment and prevention of many other diseases such as cancer, ulcerative colitis, psoriasis, arthritis, asthma, certain kinds of mental illness, depression and lupus.

### NUTRITIONAL INFORMATION

Natural Alaska Salmon is an excellent source of high quality protein, and contains predominantly healthy unsaturated fats.

	Calories	Protein (g)	Fat (g)	Sat. Fat (g)	Sodium (mg)	Cholesterol (mg)	Omega-3 (mg)
King Chinook	230	26	13	3	60	85	1700
Sockeye (Red)	210	27	11	2	65	85	1200
Coho (Silver)	140	23	4.5	1	60	55	1100
Keta (Chum)	150	26	5	1	65	95	800
Pink	150	25	4.5	0.5	85	65	1300

Values from USDA National Nutrient Database ([www.nal.usda.gov](http://www.nal.usda.gov)), Release 17, August 2004, Values for 100gm edible portion, cooked dry heat unless.

*Information from the Alaska Seafood Marketing Institute- <http://www.alaskaseafood.org>.*