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ALASKA DIETITIANS OFFER UP HEART HEALTHY SEAFOOD RECIPES
NEW COOKBOOKLET PREMIERES AT ADA CONFERENCE

HONOLULU, HAWAII. SEPTEMBER 17, 2006. A new cook booklet offers Alaska Seafood recipes and cooking tips from nutrition professionals living and working in Alaska. "Dietitians know what healthy eating is all about," states Alaska dietitian Linda Wild, in the booklet's introduction, "so it simply made good sense for the Alaska Seafood Marketing Institute (ASMI) to pair up with Alaska dietitians to compile a collection of their favorite Alaska seafood recipes. Alaska Dietetic Association (AKDA) members were asked to submit recipes that they themselves make and serve to their families and friends."

The collection includes recipes for Alaska Halibut, Alaska Cod, Alaska Crab, and several for Alaska Salmon, particularly rich in healthy omega-3 fatty acids. The selected recipes are low in saturated and trans fats, and low to moderate in sodium. Alaska Seafood Marketing Institute created the colorful new piece especially for the professionals attending the American Dietetic Association's Food and Nutrition Conference and Expo in Honolulu this week. Nutrition and dietetics professionals will be able to enjoy their colleagues' recipes at home, and share them with clients who are restricting their intake of saturated fats and sodium. The recipes are accompanied by photos of Alaska and colorful illustrations, as well as comments from the contributors about the recipes. The booklet is spiral bound for easy use in the kitchen, and the thick pages are coated with a spill-resistant coating.

"We wanted to do something special for the conference in Hawaii to celebrate the affinity between the 49th and 50th states. The cultures of Alaska and Hawaii are shaped by the sea, and seafood plays an important role in traditional diets as well as modern cuisine. Fresh, wild-caught seafood is an integral part of the culture in both states," explains Laura Fleming, ASMI communications director. "We will be offering tastes of one of the recipes from the cookbook right before lunchtime the first two days of the Expo," Fleming continues. "Alaska Salmon Spinach Balls use ingredients popular in Alaska and Hawaii. They are made with wild Alaska salmon, and served with Asian-influenced sauces: a Sesame Ginger Sauce, or a Peanut Sauce with the flavors of ginger, coconut milk, lime and orange -- all very familiar flavors here in the Islands." The tasting is slated for 10:45 a.m. on the 17th and 18th of September at the Alaska Seafood exhibit, booth #833, at the Food and Nutrition Conference and Expo in Honolulu. The samples will be offered, like the cook booklets, while supplies last. ASMI will also be offering a variety of literature including bi-lingual Spanish-English

brochures on the health benefits of Alaska Seafood, recipe leaflets, and information on the purity of wild-caught seafood species of Alaska.

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For more information please contact Laura Fleming, Booth #833 at the Food and Nutrition Conference and Expo at the Hawaii Convention Center Sept. 17-19, 2006, mobile (907) 723-7341 or 1 (800) 478-2903 voicemail in Alaska.