

To use your pocket guide:

1. Cut along trim marks on all sides
2. Fold on dashed, center lines

FOLD #1

Fold in half

TRIM

* Values are for mixed species. N/A means data is not available.
 Source: USDA National Nutrient Database for Standard Reference, Release #22

Alaska Shellfish	King Crab	Snow Crab	Dungeness Crab	Scallops*	Pacific Oysters	Pacific Oysters	Shrimp ² , raw
100	115	110	110	110	80	100	100
19	24	22	23	19	165	21	21
1.5	1.5	1	1	5	19	1	1
<0.5	<0.5	<0.5	<0.5	<0.5	1	0.5	<0.5
1100	690	380	265	210	110	50	220
55	70	75	55	100	690	195	195
400	500	400	370	1400	N/A	N/A	310
N/A	N/A	N/A	0	N/A	N/A	N/A	0

More reasons to feel good about eating wild Alaska Seafood!

Nutritional values for Alaska Surtini Seafood vary depending on brand and product form; please check the package label for specifics.

Alaska Whitefish	Haddock	Cod	Alaska Pollock	Rockfish	Sole	Black Cod (Sablefish)	Black Cod (smoked)
140	110	100	110	120	120	250	260
27	23	23	23	24	24	17	18
3	<1	<1	1	2	1.5	20	20
<0.5	<0.5	<0.5	<0.5	<0.5	<0.5	4	4
70	90	90	115	105	70	70	740
40	45	45	95	45	500	65	65
460	280	280	470	450	1800	1800	1800
N/A	N/A	N/A	0	310	120	N/A	N/A

Wild Alaska Seafood Nutrition
 Serving Size 3.5 oz./100g Cooked Portions

Back

FOLD #1

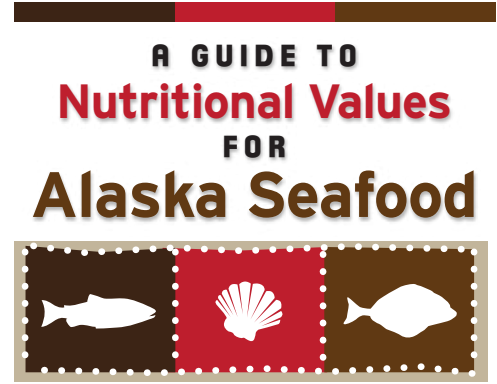
Fold in half

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Wild, Natural & Sustainable™

Alaska Salmon	King (Chinook)	Sockeye (Red)	Coho (Silver)	Keta (Chum)	Pink	Alaska Canned Salmon	Sockeye (Red)	Pink
26	270	165	150	150	150	135	165	135
13	27	23	26	26	25	23	23	23
3	11	7	5	5	4	1	7	5
60	65	60	60	65	85	400	360	400
85	85	45	55	95	65	80	45	80
1700	1200	1400	1100	800	1300	1100	1400	1100
N/A	930	450	N/A	N/A	N/A	470	790	470



Cover

FOLD #2

Fold in half

FOLD #2

Fold in half