

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


More reasons to feel good about eating wild Alaska Seafood!

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

Cal. (g) Prot. (g) Fat (g) Sat. (g) Sod. (mg) Cholest. (mg) Omega-3s (mg) EPA + DHA (mg) Vit. D (IU)

* Values are for mixed species. N/A means data is not available.
 Source: USDA National Nutrient Database, accessible at: <http://www.nal.usda.gov/fnic/foodcomp/search/>, accessed on 4/12/2010.

Wild, Natural & Sustainable™



The Alaska Seafood logo affirms your support for sustainable fisheries.

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Alaska Salmon	King (Chinook)	Sockeye (Red)	Coho (Silver)	Keta (Chum)	Pink	Alaska Canned Salmon	Sockeye (Red)	Pink
100	230	165	140	155	150	165	135	135
27	27	23	23	26	25	23	25	25
3	11	7	4	5	4	7	5	5
60	85	45	60	95	65	360	80	400
85	85	45	55	85	85	400	80	80
1700	1200	1400	1100	800	1300	1100	1100	1100
N/A	930	790	450	N/A	N/A	470	470	470

Cal. (g) Prot. (g) Fat (g) Sat. (g) Sod. (mg) Cholest. (mg) Omega-3s (mg) EPA + DHA (mg) Vit. D (IU)

FOLD #2
 Fold in half

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

Alaska Whitefish	Hallbut	Cod	Alaska Pollack	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	105	70	70	740	740
40	45	45	70	45	65	65	65
460	280	470	500	450	1800	1800	1800
N/A	N/A	N/A	120	310	N/A	N/A	N/A

Cal. (g) Prot. (g) Fat (g) Sat. (g) Sod. (mg) Cholest. (mg) Omega-3s (mg) EPA + DHA (mg) Vit. D (IU)

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


Back

FOLD #1

Fold in half

FOLD #2
 Fold in half

A GUIDE TO
Nutritional Values
 FOR
Alaska Seafood



Cover