

Wild, Natural & Sustainable®



**WILD ALASKA SEAFOOD**  
**Nutritional Values**



Alaska seafood is a complete, high-quality protein, as well as a key source of marine omega-3 fatty acids (DHA and EPA).



Wild, Natural & Sustainable®

The Alaska Seafood logo affirms your support for sustainable fisheries.

# Wild Alaska Seafood Nutrition

Serving Size 3 oz / 85 g Raw (other than shellfish)



Wild, Natural & Sustainable®

	Calories	Protein (g)	Fat (g)	Sat. Fat (g)	Sodium (mg)	Cholesterol (mg)	Omega-3s (mg) (EPA+DHA)
--	----------	-------------	---------	--------------	-------------	------------------	----------------------------

## WILD ALASKA SALMON

King (Chinook)	130	19	6	2	65	40	1591
Coho (Silver)	100	18	3	1	60	35	1032
Sockeye (Red)	110	19	3	1	90	45	793
Keta (Chum)	100	19	2	1	95	35	765
Pink	100	19	3	1	90	35	882

## WILD ALASKA WHITEFISH

Alaska Cod	70	15	1	1	120	35	287
Alaska Halibut	70	15	1	0	59	40	242
Alaska Pollock	70	15	1	0	100	50	371
Alaska Sablefish	190	11	16	4	55	40	1454

## WILD ALASKA SHELLFISH

Alaska King Crab	60	13	1	0	300	30	200
Alaska Bairdi Crab	70	15	1	0	590	50	364

## OTHER PROTEINS FOR COMPARISON

Chicken	90	19	2	0	55	60	NA
Ribeye (Beef)	220	16	17	7	35	55	NA

Source: USDA Foundation Foods, 2024 and Alaska Department of Environmental Conservation's Fish Monitoring Program, 2024.