



*Wild Alaska*

# SALMON



### INCOMPARABLY RICH AND DELICIOUS; ALWAYS POPULAR

In the realm of seafood, wild Alaska Salmon is unmatched for its versatility and consumer appeal—the result of spending life swimming wild in the sea, and returning to spawn in the rivers where they were hatched. Alaska’s icy, pure waters and the abundance of natural food give Alaska Salmon unparalleled flavor.

### HARVESTED SEASONALLY, AVAILABLE YEAR-ROUND

All Alaska Seafood is wild and pure, responsibly managed for continuing abundance. Harvested in the summer at the peak of its lifecycle, Alaska Salmon is available fresh in-season, frozen year-round, and also in shelf-stable cans and pouches. There is also a limited amount of fresh Alaska King Salmon available year-round.

### FIVE DIFFERENT SPECIES

- King (Chinook)
- Sockeye (Red)
- Coho (Silver)
- Keta (Chum)
- Pink

### VERSATILITY AND VARIETY

The flavor of Alaska Salmon depends upon fat content and the environment in which it matured. All Alaska Salmon is versatile and delicious, making it an excellent choice for smoking, grilling, roasting, sautéing, or poaching.

### SUSTAINABLY SOURCED

Alaska has pioneered the standard for sustainable, eco-friendly fisheries management. In fact, the Alaska salmon fishery has been independently certified as Responsibly Managed based on the most recognized and internationally accepted set of guidelines, written by the United Nation’s Food and Agriculture Organization (FAO). By proactively ensuring a healthy, wild and sustainable harvest, Alaska is protecting its superior seafood for future generations. By proactively ensuring a healthy, wild and sustainable harvest, Alaska is protecting its superior seafood for future generations.

The Alaska Seafood logo affirms your support for **SUSTAINABLE FISHERIES.**



*Wild, Natural & Sustainable®*

**Corporate Headquarters:**  
311 N. Franklin Street, Suite 200  
Juneau, AK 99801  
**Phone:** (907) 465-5560  
**Toll Free:** (800) 478-2903  
**Fax:** (907) 465-5572

**Marketing Office:**  
150 Nickerson Street, Suite 310  
Seattle, WA 98109  
**Phone:** (206) 352-8920  
**Fax:** (206) 352-8930

[www.alaskaseafood.org](http://www.alaskaseafood.org)



For more information and promotional materials, visit the Alaska Seafood Marketing Institute at [www.alaskaseafood.org](http://www.alaskaseafood.org)



*Wild, Natural & Sustainable®*

# SALMON

## KING SALMON



### COMMON MARKET NAME(S):

- King · Chinook

### SCIENTIFIC NAME:

- *Oncorhynchus tshawytscha*

### HARVESTING SEASONS:

- Harvested year-round

### SIZES:

- Whole fish average 20 lbs.; Range 4-40 lbs.
- Dressed/headed (H&G) graded: 4/7 lbs., 7/11 lbs., 11/18 lbs. and 18 lbs. up
- Portions and steaks typically sized: 4, 6, 8, 10, and 12 oz.

### NUTRITION INFORMATION\*:

(Serving Size: 3.5 oz. or 100g Cooked, Edible Portion)

- Calories 230; Protein 26g; Fat 13g, Saturated Fat 3g; Sodium 60mg; Cholesterol 85mg; Omega-3 1700mg

### HABITAT:

- A complex life cycle that spans a variety of freshwater and saltwater habitats
- They are hatched in inland streams and rivers, migrate to coastal estuaries, and then disperse into ocean waters to grow
- Once mature, they reverse their course, returning to freshwater to reproduce

### HARVEST METHOD(S):

- Troll · Gillnet · Purse Seine

### FOOD SAFETY:

- HACCP

### ADDITIVES:

- None

### PRODUCT FORMS:

- Fresh: dressed; dressed/headed (H&G); fillets, skin-on or skinless, pin-bone in or boneless; steaks
- Frozen: dressed/headed (H&G); fillets, skin-on or skinless, pin-bone in or boneless; steaks

### PRODUCT PACKING:

- Fresh and frozen dressed/headed (H&G) fish 50, 80, and 100 lb. boxes
- IQF and vacuum packed frozen fillets, portions, and steaks 5 to 10 lb. cartons

### FOOD SOURCE:

- Primarily feed on other fish

### OTHER INFORMATION:

- The largest of the five species of Alaska Salmon with firm texture and succulent flavor

## SOCKEYE SALMON



### COMMON MARKET NAME(S):

- Sockeye · Red

### SCIENTIFIC NAME:

- *Oncorhynchus nerka*

### HARVESTING SEASONS:

- Harvested May through September

### SIZES:

- Whole fish average 6 lbs.; Range 4-10 lbs.
- Dressed/headed (H&G) graded: 2/4 lbs., 4/6 lbs., 6/9 lbs.
- Fillets typically sized U/2 lbs., 2-3 lbs., 3-4 lbs.
- Portions: 4, 6, 8, 10 oz.

### NUTRITION INFORMATION\*:

(Serving Size: 3.5 oz. or 100g Cooked, Edible Portion)

- Calories 220; Protein 27g; Fat 11g, Saturated Fat 2g; Sodium 65mg; Cholesterol 85mg; Omega-3 1200mg

### HABITAT:

- A complex life cycle that spans a variety of freshwater and saltwater habitats
- They are hatched in inland streams and rivers, migrate to coastal estuaries, and then disperse into ocean waters to grow
- Once mature, they reverse their course, returning to freshwater to reproduce

### HARVEST METHOD(S):

- Gillnet · Purse Seine

### FOOD SAFETY:

- HACCP

### ADDITIVES:

- None

### PRODUCT FORMS:

- Fresh: dressed; dressed/headed (H&G); fillets, skin-on or skinless, pin-bone in or boneless; portions
- Frozen: dressed/headed (H&G); fillets, skin-on or skinless, pin-bone in or boneless; portions

### PRODUCT PACKING:

- Fresh and frozen dressed/headed (H&G) fish 50-100 lbs. boxes
- IQF and vacuum packed frozen fillets and portions 5 to 22 lbs. cartons

### FOOD SOURCE:

- Includes zooplankton and small adult fishes (such as sand lance), and occasionally squid

### OTHER INFORMATION:

- Rich flavor, firm texture, deep red color

## COHO SALMON



### COMMON MARKET NAME(S):

- Coho · Silver

### SCIENTIFIC NAME:

- *Oncorhynchus kisutch*

### HARVESTING SEASONS:

- Harvested June through October

### SIZES:

- Whole fish average 12 lbs., range 5-18 lbs.
- Dressed/headed (H&G) graded: 4 lbs., 4/6 lbs., 6/9 lbs. and 9/12 lbs.
- Portions: 4, 6, 8, and 10 oz.

### NUTRITION INFORMATION\*:

(Serving Size: 3.5 oz. or 100g Cooked, Edible Portion)

- Calories 140; Protein 23g; Fat 4.5g, Saturated Fat 1g; Sodium 60mg; Cholesterol 55mg; Omega-3 1100mg

### HABITAT:

- A complex life cycle that spans a variety of freshwater and saltwater habitats
- They are hatched in inland streams and rivers, migrate to coastal estuaries, and then disperse into ocean waters to grow
- Once mature, they reverse their course, returning to freshwater to reproduce

### HARVEST METHOD(S):

- Troll · Gillnet · Purse Seine

### FOOD SAFETY:

- HACCP

### ADDITIVES:

- None

### PRODUCT FORMS:

- Fresh: dressed; dressed/headed (H&G); fillets, skin-on or skinless, pin-bone in or boneless
- Frozen: dressed/headed (H&G); fillets, skin-on or skinless, pin-bone in or boneless

### PRODUCT PACKING:

- Fresh and frozen dressed/headed (H&G) fish 50-100 lbs. boxes
- IQF and vacuum packed frozen fillets and portions 5-22 lbs. cartons

### FOOD SOURCE:

- Includes zooplankton and small adult fishes, and occasionally squid

### OTHER INFORMATION:

- Delicate flavor, firm orange-red flesh

## KETA SALMON



### COMMON MARKET NAME(S):

- Keta · Chum · Silverbrite

### SCIENTIFIC NAME:

- *Oncorhynchus keta*

### HARVESTING SEASONS:

- Harvested June through September

### SIZES:

- Whole fish average 8 lbs., range 6-12 lbs.
- Dressed/headed (H&G) graded: 2/4 lbs., 4/6 lbs., 6/9 lbs. and 9/12 lbs.
- Portions/Steaks: 4, 6, 8, and 10 oz.

### NUTRITION INFORMATION\*:

(Serving Size: 3.5 oz. or 100g Cooked, Edible Portion)

- Calories 155; Protein 26g; Fat 5g, Saturated Fat 1g; Sodium 65mg; Cholesterol 95mg; Omega-3 800mg

### HABITAT:

- A complex life cycle that spans a variety of freshwater and saltwater habitats
- They are hatched in inland streams and rivers, migrate to coastal estuaries, and then disperse into ocean waters to grow
- Once mature, they reverse their course, returning to freshwater to reproduce

### HARVEST METHOD(S):

- Gillnet · Purse Seine · Troll

### FOOD SAFETY:

- HACCP

### ADDITIVES:

- None

### PRODUCT FORMS:

- Fresh: dressed; dressed/headed (H&G); fillets, skin-on or skinless, pin-bone in or boneless; steaks
- Frozen: dressed/headed (H&G); fillets, skin-on or skinless, pin-bone in or boneless; steaks

### PRODUCT PACKING:

- Fresh and frozen dressed/headed (H&G) fish 50-100 lbs. boxes
- IQF and vacuum packed frozen fillets and portions 5-22 lbs. cartons

### FOOD SOURCE:

- Includes zooplankton and small adult fishes, and occasionally squid

### OTHER INFORMATION:

- Pink meat color, firm texture and mild flavor

## PINK SALMON



### COMMON MARKET NAME:

- Pink

### SCIENTIFIC NAME:

- *Oncorhynchus gorbuscha*

### HARVESTING SEASONS:

- Harvested June through September

### SIZES:

- Whole fish average 2-3 lbs., range 2-6 lbs.
- Dressed/headed (H&G) graded: 2/5 lbs., 3/5 lbs., and 5 lbs. up
- Portions: 4, 6 and 8 oz.

### NUTRITION INFORMATION\*:

(Serving Size: 3.5 oz. or 100g Cooked, Edible Portion)

- Calories 150; Protein 25g; Fat 4g, Saturated Fat 1g; Sodium 85mg; Cholesterol 65mg; Omega-3 1300mg

### HABITAT:

- A complex life cycle that spans a variety of freshwater and saltwater habitats
- They are hatched in inland streams and rivers, migrate to coastal estuaries, and then disperse into ocean waters to grow
- Once mature, they reverse their course, returning to freshwater to reproduce

### HARVEST METHOD(S):

- Purse Seine · Gillnet · Troll

### FOOD SAFETY:

- HACCP

### ADDITIVES:

- None

### PRODUCT FORMS:

- Fresh: dressed; dressed/headed (H&G); fillets, skin-on or skinless, pin-bone in or boneless
- Frozen: dressed/headed (H&G); fillets, skin-on or skinless, pin-bone in or boneless; skinless-boneless fillet and mince blocks

### PRODUCT PACKING:

- Fresh and frozen fish 50, 80, and 100 lb. boxes
- IQF and vacuum packed frozen fillets 5 to 10 lb. cartons
- Skinless boneless fillets and mince 16.5 lb. block

### FOOD SOURCE:

- Generally feed on small crustaceans, zooplankton, swimming mollusks, and small fish

### OTHER INFORMATION:

- Rosy pink-colored flesh, soft to medium texture, mild delicate flavor

## CANNED AND POUCHED



### ALWAYS THERE WHEN YOU NEED IT.

Packed from fresh Alaska salmon, Alaska canned salmon is prized as the highest quality salmon in the world for its rich color, distinctive flavor and range of textures. Alaska canned salmon is fully cooked and ready to use in salads, sandwiches and center-of-the-plate entrées, and is available in several sizes in both traditional and skinless/boneless packs.

### CONVENIENT AND PROFITABLE:

A ready-to-serve, low-labor product, Alaska canned and pouched salmon is a 100% usable product. There is no shrink or waste in Alaska canned or pouched salmon. The tiny bones, skin and liquid are nutritious, flavorful and so soft that they mix readily with other ingredients.

### SOCKEYE SALMON:

Alaska Sockeye, or Red Salmon, has a bright, deep-red color and a firm texture making it an excellent choice for salads or entrées where color is key to the presentation.

### PINK SALMON:

Alaska Pink Salmon has a rose-like color with a softer texture and milder flavor, and lends itself to a wide array of dishes such as pasta, soups, sandwiches and casseroles. Alaska Pink Salmon is the most abundant of all salmon species harvested in Alaska.

### NUTRITION INFORMATION\*:

**SOCKEYE SALMON (Serving Size: 3.5 oz. or 100g)**

- Calories 165; Protein 23g; Fat 7g, Saturated Fat 2g; Sodium 360mg; Cholesterol 45mg; Omega-3 1400mg, Vitamin D 790 IU

**PINK SALMON (Serving Size: 3.5 oz. or 100g)**

- Calories 135; Protein 23g; Fat 5g, Saturated Fat 1g; Sodium 400mg; Cholesterol 80mg; Omega-3 1100mg, Vitamin D 470 IU

### PRODUCT PACKAGING:

Alaska canned and pouched salmon is available year round in a variety of sizes:

- Traditional Can: 3.75 oz., 7.5 oz., 14.75 oz., 64 oz.
- Skinless/Boneless Can: 5 oz., 6 oz.
- Skinless/Boneless Pouch: 2.6 oz., 3 oz., 4 oz., 5 oz.

\*Source: USDA National Nutrient Database for Standard Reference, Release #22.

