

**Wild  
Alaska  
Fish**

# Super Nutrition for All Ages



Wild, Natural & Sustainable®

## Health Benefits of Wild Alaskan Fish in Food Aid Programs

## Alaska Global Food Aid Program

Canned Salmon is the only marine source of Omega-3 fatty acids and animal protein available in food aid programs today.

**Alaska Canned Fish** is the superior choice to improve the health of all population groups.

**Alaska Canned Salmon and Herring** are packed with nutrients including high quality protein and Omega-3 fatty acids.

**Salmon** is the only marine-source commodity currently in the food-aid basket. It promotes growth and delivers vital nutrients to keep every system in the body healthy.

### Pregnant Women and Mothers

Healthy fats and protein from Canned Salmon are essential building blocks for proper tissue and brain development in babies and help prevent hypertension in women during pregnancy.

- Omega-3 fatty acids, similar to those found in Salmon, are a vital component of breast milk.
- Women who eat Salmon regularly have a higher content of these fats in their milk, essential for infant brain development *in utero* and the first months of life.
- Marine sources of Omega-3's improve efficiency of nutrient delivery to developing brains, nerves, and eyes.



### Infants and Young Children

For the first six months, breast milk can provide all the nutrition infants need. From 6-24 months, babies need continued breastfeeding complemented with foods made from quality protein, grains, fruit, and vegetables. Salmon is a key ingredient to prevent malnutrition in young children, when mixed into complementary foods.

Canned Salmon is:

- Ready-to-use, hygienic and requires no water or cooking, limiting exposure to environmental contaminants that cause diarrhea.
- An excellent source of easily-digestible animal protein.
- A concentrated source of calcium, phosphorus and magnesium, which promote strong bones and teeth along with linear growth.

### School-Age Children Kindergarten - Grade 12

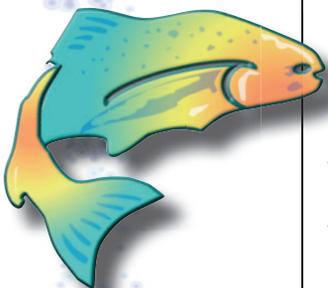
Providing a nutritious meal in schools improves students' attendance, test scores, and their overall health.

- Adolescents have a particularly high need for bone-growth minerals, abundant in Canned Salmon.
- Teenage girls, where young marriage and pregnancy before age 18 are prevalent, particularly benefit from the Omega-3 fats and protein in preparation for a healthy pregnancy.
- The school meal is often the only opportunity to provide the essential fats and nutrients that children need for growth and learning. Many Food for Education Programs include Canned Salmon in school feeding.

### People Living with HIV/ AIDS & Chronic Illness

Salmon is an outstanding source of nutrition benefitting individuals with HIV/AIDS and other chronic diseases. Proper nutrition not only improves the effectiveness of medicines, but strengthens the immune system against infection.

- For people living with HIV/AIDS, the consumption of Salmon improves their immune response, lowers blood lipid levels, maintains metabolism, and improves the effectiveness of ARV therapy. Salmon helps promote the development of muscle mass and prevent fat redistribution problems.
- Eating Salmon benefits heart health; it helps lower blood pressure and reduce inflammation that can lead to heart disease and stroke.
- Salmon consumption increases insulin sensitivity, which is important to prevent diabetes and its complications.



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## High Quality Marine Source Protein & Omega-3 FA's

- Only source of animal protein and marine omega-3 Fatty Acids approved for food aid.
- Canned Salmon is a “complete protein” providing all of the essential amino acids needed for health and is comparable to meat or eggs.
- Marine protein is easily digested for people of all ages.
- Wild Alaska Salmon and Herring provide 2 of the 3 essential Omega-3's, EPA and DHA.
- DHA is only found in oily fish and breast milk; it is a vital building block for the brain and eyes.



Photo courtesy of International Relief and Development's Food Program in Laos

## Alaska Global Food Aid Program

### Benefits of Wild Canned Salmon & Herring

- **Versatile** – Canned Fish combines easily with local ingredients
- **Sustainable** – supports renewable fishing practices
- **Long shelf life** – up to 6 years
- **Economical** – 1 lb. can provides 4-5 servings
- **Hygienic** – does not need water for preparation
- **Time saver** – can be eaten from the can; requires no effort for caregivers
- **Easy to manage** – infestation-resistant; easy to stack and inventory



Photo © GF&N Inc.

### Nutrition Facts

per 83.6g (3oz) serving

	SALMON	HERRING
Calories (kcal)	116.2	163
<b>Protein</b> (g)	16.54	13.7
Fat (g)	5.058	13.88
Carbohydrates (g)	0	0
Sodium (mg)	463.12	281.73
Potassium (g)	272.52	353.63
<b>Phosphorus</b> (mg)	272.52	190.61
<b>Magnesium</b> (mg)	28.36	26.75
Cholesterol (mg)	46	64
<b>Calcium</b> (mg)	178.06	68.31
<b>Omega-3 EPA</b> (g)	0.706	0.81
<b>Omega-3 DHA</b> (g)	0.674	0.576

#### Protein

Animal source protein is the best protein for growth, healing, and health. Canned Salmon and Herring provide all the essential amino acids needed by children and adults.

#### Calcium, Magnesium & Phosphorus

The bone minerals provide for linear growth. They are key to achieving optimal growth and height, and are abundant in Canned Salmon and Herring. These nutrients are in high demand especially during catch-up growth, for previously malnourished young children.

#### Omega-3 Fatty Acids

Essential for growing children, women, and the general population. Healthy fats are packed into Salmon and Herring. Nutrient-dense foods are key for small children. The more nutrition per bite of food, the better the child will grow.

#### For Technical Assistance:

The ALASKA GLOBAL FOOD AID PROGRAM assists NGOs and PVOs with program design, ration selection, recipe development, storage, handling and preparation of dishes integrating Canned Salmon and other food aid commodities with local ingredients to feed cultural tastes.

#### Alaska Global Food Aid Program

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