

Wild Alaska Seafood Super Nutrition for All Ages



Wild, Natural & Sustainable®

Alaska Global Food Aid
Program

Health Benefits of Wild Alaska Seafood in Food Aid Programs

Wild Alaska Seafood: the superior source of Omega-3 fatty acids and protein in food aid programs



Wild Alaska Canned Salmon & Herring is the superior choice to improve the health of all population groups, and are packed with nutrients including high quality protein and Omega-3 fatty acids. They promote growth and deliver 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 fatty acids in their milk, essential for infant brain development
- 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. Wild Alaska Salmon and Herring are key ingredients to prevent malnutrition in young children, when mixed into complementary foods.

Canned and Herring Salmon are:

- 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.

Many Food for Education Programs include Canned Salmon in school feeding programs.

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

People Living with HIV/ AIDS & Chronic Illness

Wild Alaska Seafood is an outstanding source of nutrition for individuals with HIV/AIDS and other chronic diseases.

Proper nutrition improves the effectiveness of medicines and strengthens the immune system against infection.

- Seafood helps promote the development of muscle mass and prevent fat redistribution problems common among those with HIV/AIDS
- Wild Alaska Salmon & Herring helps strengthen the immune response, lowers blood lipid levels, maintains metabolism, and boost the effectiveness of ARV therapy
- 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 can aid in the prevention of diabetes and its complications

Super Nutrition for All Ages



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High Quality Marine Source Protein & Omega 3 Fatty Acids

- Canned Salmon and Herring provide “complete proteins” with all of the essential amino acids needed for health and, comparable to meat or eggs
- The only sources of marine protein and omega-3 Fatty Acids approved for food aid
- 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



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



Nutrition Facts

per 83.6g (3oz) serving

	SALMON	HERRING
Calories (kcal)	116.2	163
Protein (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
Phosphorus (mg)	272.52	190.61
Magnesium (mg)	28.36	26.75
Cholesterol (mg)	46	64
Calcium (mg)	178.06	68.31
Omega-3 EPA (g)	0.706	0.81
Omega-3 DHA (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.

