

SEAFOOD TECHNICAL PROGRAM

2025 Update

John Burrows

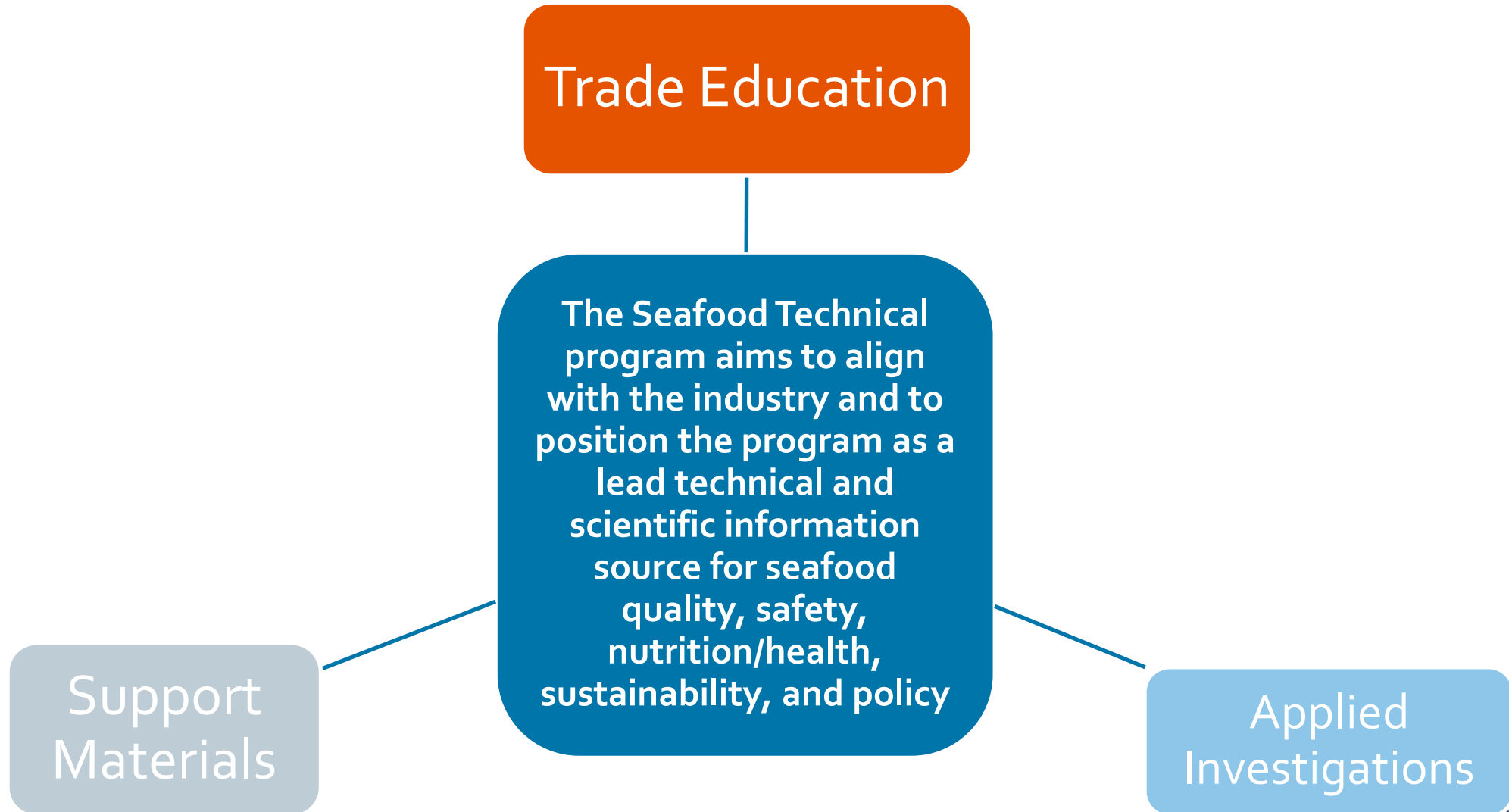


**ALL HANDS
ON DECK**

Conference



Program Overview




Support Materials

Outreach and educational material related to Alaska seafood



Support Materials

- 'Claims' Sheet



WILD ALASKA SEAFOOD NUTRIENT CLAIMS

Wild, Natural & Sustainable®

Nutrient content claims refer to the amount of a nutrient in a product and are commonly used on food labels.

If Alaska seafood has a Daily Reference Value (DRV) or Reference Daily Intake (RDI) of...


20% OR MORE = **Excellent Source** 10-19% = **Good Source** 10% OR LESS = **Source**

	Protein	Selenium	Vitamin B12	Vitamin A	Vitamin D	Vitamin E	Zinc	Calcium	Vitamin B6	Iron	Magnesium	Potassium	Phosphorus	Niacin
Wild Alaska Seafood meets the FDA criteria label of HEALTHY:														
Clean, Lean Protein	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Low Sodium	●	●	●	●	●	●	●	●	●	●	●	●	●	●
No Added Sugars	●	●	●	●	●	●	●	●	●	●	●	●	●	●
SALMON														
Low In Saturated Fat & Good source of healthy fat	●	●	●	●	●	●	●	●	●	●	●	●	●	●
WHITE FISH														
Low Fat, No Saturated Fat	●	●	●	●	●	●	●	●	●	●	●	●	●	●
SHELLFISH														
Low Fat, No Saturated Fat	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Antioxidants	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Vitamin B-12	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Healthy diets are made up of a variety of food groups and nutrients and the "healthy" claim can help consumers identify those foods that are the foundation of healthy dietary patterns.	●	●	●	●	●	●	●	●	●	●	●	●	●	●
King Crab	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Snow Crab	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Dungeness Crab	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Shrimp	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Scallops	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Razor Clam	●	●	●	●	●	●	●	●	●	●	●	●	●	●

For more information on the nutrition benefits of Alaska seafood, visit our website at www.alaskaseafood.org/health-nutrition

THE USDA RECOMMENDS EATING SEAFOOD 2 TIMES PER WEEK





WILD ALASKA SEAFOOD OMEGA-3 FATTY ACIDS & HEALTH CLAIMS

Wild, Natural & Sustainable®

Research suggests consuming 250–500 mg (0.25–0.5 g) of EPA + DHA per day for optimal health benefits.
Use these guidelines to identify sources of omega-3s EPA and DHA in a cooked 3 oz / 85 g serving of seafood.

≥0.5 grams = notated in bold
0.25–0.49 grams = notated in regular
<0.25 grams = notated in light

The FDA recommends limiting added sugar, sodium, and saturated fat.
Bold text = at or below recommendation per serving, light text = above recommendation per serving.

	EPA	+ DHA	= TOTAL	Added Sugars	Sodium	Sat. Fat
King Salmon	0.856 g	0.618 g	1.476 g	0 g	50 mg	3 g
Coho	0.341 g	0.559 g	0.900 g	0 g	50 mg	1 g
Sockeye Salmon	0.254 g	0.476 g	0.730 g	0 g	80 mg	1 g
Keta	0.254 g	0.429 g	0.683 g	0 g	55 mg	1 g
Pink	0.185 g	0.339 g	0.524 g	0 g	75 mg	1 g
Canned sockeye (Trdtl)	0.440 g	0.637 g	1.077 g	0 g	350 mg	1 g
Canned Skins/Bnls Sockeye	0.371 g	0.594 g	0.965 g	0 g	330 mg	1 g
Canned Saltless Sockeye	0.418 g	0.564 g	0.982 g	0 g	65 mg	1 g
Canned Trdtl Pink	0.284 g	0.632 g	0.916 g	0 g	320 mg	1 g
Canned Saltless Pink	0.233 g	0.579 g	0.812 g	0 g	320 mg	1 g
Canned Skins/Bnls Pink	0.402 g	0.597 g	0.999 g	0 g	65 mg	1 g
Canned Saltless Keta	0.402 g	0.597 g	0.999 g	0 g	65 mg	1 g
Canned Trdtl (Chum) Keta	0.402 g	0.597 g	0.999 g	0 g	330 mg	1 g
Canned Saltless Keta	0.402 g	0.597 g	0.999 g	0 g	65 mg	1 g
Cod	0.018 g	0.050 g	0.068 g	0 g	115 mg	0 g
Halibut	0.068 g	0.132 g	0.200 g	0 g	70 mg	0 g
Pollock	0.089 g	0.194 g	0.283 g	0 g	140 mg	0 g
Rockfish	0.091 g	0.202 g	0.293 g	0 g	75 mg	0 g
Sablefish	0.737 g	0.782 g	1.519 g	0 g	60 mg	3 g
Sole	0.422 g	0.144 g	0.565 g	0 g	121 mg	0.5 g
Lingcod	0.113 g	0.111 g	0.224 g	0 g	65 mg	0 g
Herring	1.050 g	0.751 g	1.801 g	0 g	80 mg	3.5 g
King Crab	0.251 g	0.300 g	0.551 g	0 g	910 mg	0 g
Snow Crab	0.282 g	0.123 g	0.405 g	0 g	590 mg	0 g
Dungeness Crab	0.113 g	0.281 g	0.394 g	0 g	320 mg	0 g
Shrimp	0.013 g	0.013 g	0.026 g	0 g	95 mg	0 g
Scallops	0.061 g	0.068 g	0.140 g	0 g	570 mg	0 g
Razor Clam	0.117 g	0.124 g	0.241 g	0 g	1020 mg	0 g

Source: USDA Standard Reference Release 28 and Industry Data / Rounded per FDA Guidelines

WILD ALASKA SEAFOOD IS ALSO GLUTEN FREE & FREE OF ARTIFICIAL DYES & PRESERVATIVES



Support Materials

Study 1-Pagers



Wild, Natural & Sustainable

FROZEN SEAFOOD QUALITY

Science based research about Alaska Seafood

PERCEPTIONS THAT FRESH SEAFOOD IS ALWAYS SUPERIOR TO FROZEN remains a misconception, yet research shows that consumers find frozen seafood to be as good as, if not better than fresh (never frozen) products. Many are unaware of the benefits to both quality and nutrition offered by freezing. This study sought to gauge perceptions of frozen seafood quality upon blind testing of the Alaska sablefish and Alaska coho salmon.

METHODS

Two Alaska species of wild Alaska seafood: coho salmon and sablefish (among other species) were stored for 2 years in commercial (-30°C/-22°F) and home grade (-18°C/-0.4°F) freezers for a period of 2 years.

Every 6 months, portions were thawed and prepared for consumers to rate them. Consumers were selected from the Portland, OR metro area who enjoy seafood, with a new group of 120 individuals performing each test. → Testers tasted 'blindly,' not knowing anything about the product being tested or what was being measured.

Tastings were done at the 0, 6, 12, 18, and 24 month periods, with testers rating them 0-9 in terms of likability. Metrics included appearance, aroma, saltiness, sweetness, texture, and overall quality.

Software combined answers on various metrics into a mean liking score for species in each freezer type, and measured on the 9 point (0-9) hedonic scale. Anything above a 7 in mean liking values is considered to be an excellent product by industry standards in studies of this type.

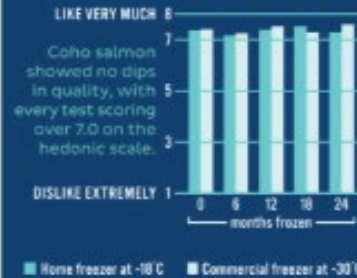
CONCLUSION

After 2 years, results show that the attributes tested including the appearance, color, aroma, texture, flavor, sweetness, saltiness, overall texture, firmness, oil content, aftertaste and overall quality were liked equally or more than when served before freezing at the start of the study.

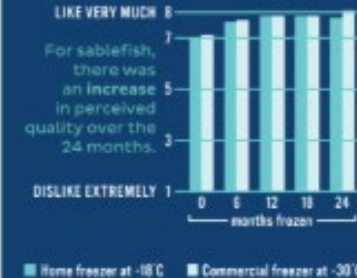
Learn more at alaskaseafood.org

RESULTS

Frozen coho salmon over 24 months time: NO SIGNIFICANT DIFFERENCES IN CONSUMERS' OVERALL LIKING from time 0 months to time 24 months



Frozen sablefish over 24 months time: CONSUMER LIKING INCREASED SIGNIFICANTLY from time 0 months to time 24 months



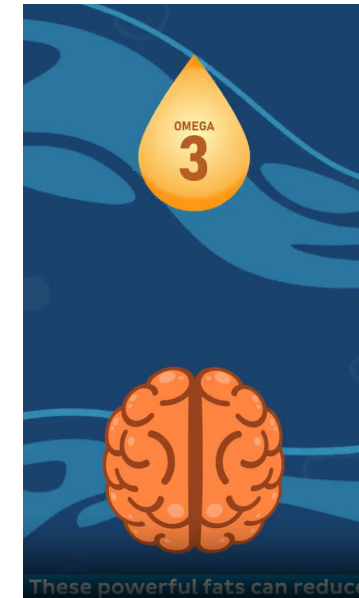
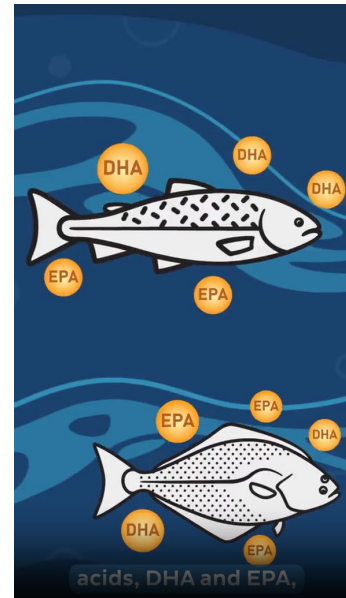
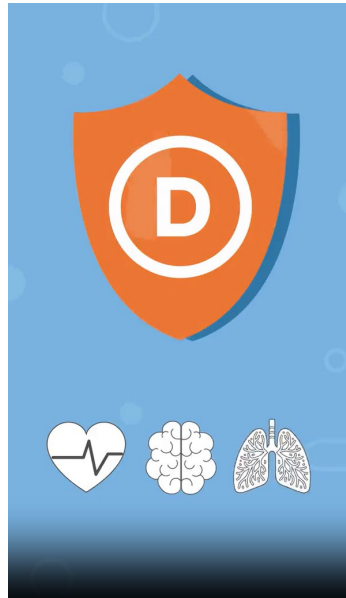
TAKE HOME

Wild Alaska coho salmon and sablefish can be stored for up to TWO YEARS without any loss of quality in APPEARANCE, AROMA, TASTE, TEXTURE, or OVERALL QUALITY!

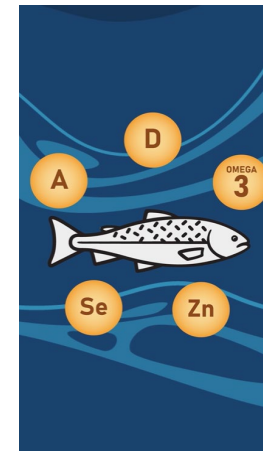
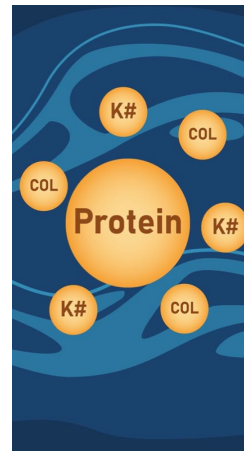


Support Materials

- Nutrition Vids: Vit D, Zinc, Mood-Boost, Stress Relief

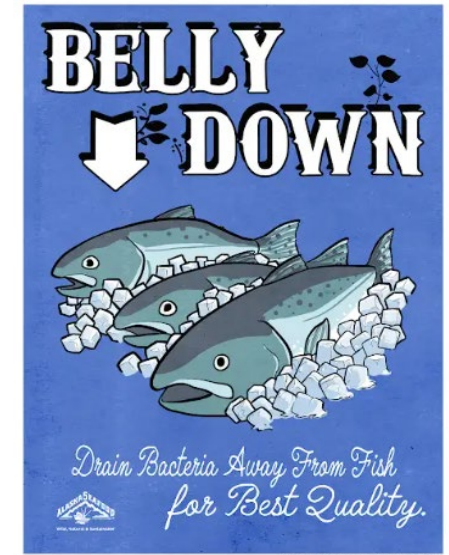
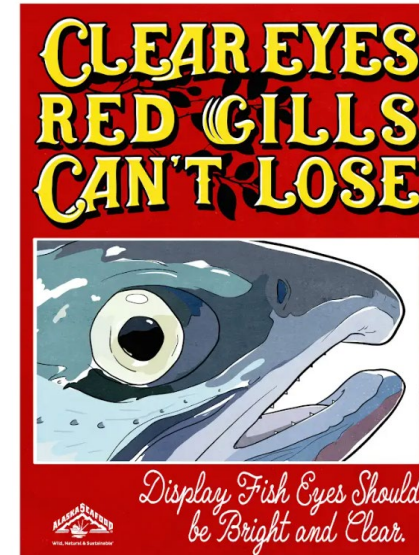
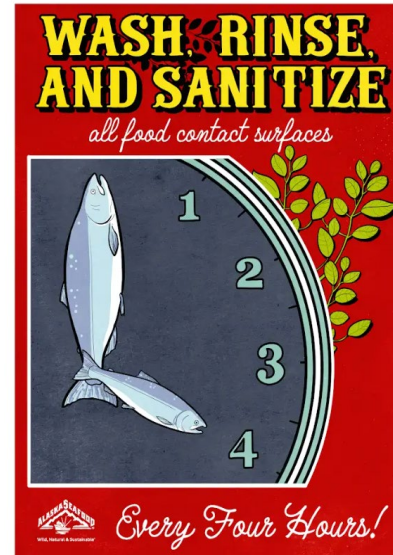


- In-Progress: Vision, Skin-Hair-Nails, Immunity



Support Materials

- Pat Race: Quality Suite Continuation



Applied Investigations

Research opportunities related to the quality and value of Alaska seafood





Applied Investigations

- NOAA SK Grant: Nutrient and Contaminant Database (ADEC)
- Alaska Salmon Consumption and Reduced Inflammation for Breast Cancer (UCONN)
- Recovery of Nutritional Food from Seafood Byproducts (FFAR)
- Consumer Acceptability and Shelf-life Assessment of Frozen Seafood (OSU)
- Chef Sensory Analysis of Frozen AK Seafood (OSU/PSC)
- SK Project: Value-Added and Utilization
- Carbon Footprint (UW)



Oregon State University



UCONN



Applied Investigations

- NOAA SK Grant: Nutrient and Contaminant Database (ADEC)

Chinook
Metals
PFAS
Pesticides
Radioisotopes
Chum
Coho
Pink
Sockeye
Pacific Halibut
Pacific Cod
Pollock
Sablefish
Red King Crab
Bairdi Crab
Metals in Alaska's Fish

Composite samples of edible muscle tissue were tested for several environmental contaminants. Each composite sample included equal portions of tissue from 12 individuals.

Chinook

Metals

Mean of Select Metals in Composite Samples

Species	Analyte	n	ND	Mean	SD	Median	Min	Max
Chinook Salmon	InAs	2	2	ND	NA	NA	NA	NA
Chinook Salmon	MeHg	2	0	0.041	0.006	0.041	0.04	0.05
Chinook Salmon	Cd	2	2	ND	NA	NA	NA	NA
Chinook Salmon	Cu	2	0	0.488	0.016	0.488	0.48	0.50
Chinook Salmon	Hg	2	0	0.055	0.012	0.055	0.05	0.06
Chinook Salmon	Se	2	0	0.376	0.025	0.376	0.36	0.39
Chinook Salmon	As	2	0	0.826	0.066	0.826	0.78	0.87
Chinook Salmon	Pb	2	2	ND	NA	NA	NA	NA

Note:

unit = mg/Kg wet weight

InAs = inorganic arsenic (arsenite As(III) + arsenate As(V))

As = Total arsenic

MeHg = methylmercury

Hg = Total mercury (inorganic + organic forms)

ND = non-detect

Mean = arithmetic mean

SD = standard deviation

Reporting limit of As, Cd, Cu, Pb and Se = 0.05 mg/Kg

Reporting limit of Hg and MeHg is 0.01 mg/Kg

Reporting limit of InAs = 0.037 mg/Kg

TECHNICAL & RESEARCH RESOURCES ▲

QUALITY & COMPLIANCE STANDARDS
NUTRITION DATA
SCIENTIFIC RESEARCH LIBRARY

ECONOMIC & HARVEST DATA ▼

MARKETING & BUSINESS TOOLS ▼

RPM CERTIFICATION

NEWS

EVENTS

ABOUT ALASKA SEAFOOD MARKETING INSTITUTE (ASMI) ▼

Salmon

Fish, sockeye salmon, Alaska, raw

	100g	3 oz (85 g)	%DV
Fat (g)	2.72	1	1.5%
Protein (g)	17.2	16	1%

Salmon

Fish, sockeye salmon, Alaska, raw

	100g	3 oz (85g)	%DV
Fat (g)	2.72	3	3.5%
Protein (g)	17.2	16	3%
Calcium (mg)	26.6	10	1%
Iron (mg)	.44	.5	2%



Trade Education

Outreach and educational opportunities in seafood technical issues for the industry and trade



Trade Education/ Regulatory

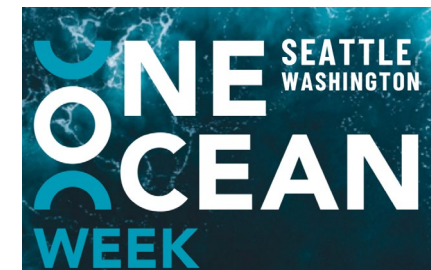
- SNP SotSS
- USDC/NOAA Discourse
- Material Updates
- Event for Processing Technologists
- SPA/NFI Events
- PFT Alaska Rep
- Claims Reference Guide
- Panelist at One Ocean Week on Future-Proofing Alaska Seafood
- Fisheries Rep at Climate Panel for Alaska's Forum on the Environment
- ARC Board and SeaShare Committee Memberships
- Articles in:
 - Food & Wine on salmon fishing
 - Grocery Dive on frozen seafood
 - Restaurant Dive on frozen seafood
- Comments re:
 - PFAS In Fish (FDA)
 - Revised Standards for Fish Fillet Blocks (USDC)
 - Dietary Guidelines for Americans
 - Inorganic Arsenic in Fish (USDA FAS)
 - Non-Tariff Barriers (USTR)
 - Plant-Based Seafood-Like Products (FDA)



SEASHARE



FOOD & WINE



Thank You!

jburrows@alaskaseafood.org



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