

WILD ALASKA SEAFOOD NUTRIENT CLAIMS

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...

5% OR LESS
= **LOW SOURCE**

10-19%
= **GOOD SOURCE**

20% OR MORE
= **EXCELLENT SOURCE**

Can also say: contains, provides or is a good source

Can also say: high, rich in or excellent source of

Nutrient content claims below for Alaska seafood are based on a 3.0 oz/85 g serving.

WILD ALASKA SALMON



PROTEIN
LEAN, HEALTHY



CALCIUM
GOOD
Only Alaska canned salmon with bones is a good source of calcium



SODIUM
LOW IN SODIUM



VITAMIN B-12
EXCELLENT



VITAMIN D
EXCELLENT



SELENIUM
EXCELLENT



FAT
LOW IN SATURATED FAT & GOOD SOURCE OF HEALTHY FAT



ANTIOXIDANT*
HIGH IN SELENIUM

WILD ALASKA WHITEFISH



PROTEIN
LEAN, HEALTHY



SELENIUM
EXCELLENT



FAT
LOW FAT, NO SATURATED FAT
Alaska pollock and cod are **FAT FREE**



VITAMIN B-12
EXCELLENT



VITAMIN D
EXCELLENT



SODIUM
LOW IN SODIUM



POTASSIUM
GOOD
Only Alaska halibut, lingcod and herring are **good sources** of potassium



VITAMIN A
EXCELLENT



ANTIOXIDANT*
HIGH IN SELENIUM
Good source of vitamin A & only Alaska sablefish is a good source of the antioxidant vitamin A

WILD ALASKA SHELLFISH



PROTEIN
LEAN, HEALTHY



ZINC
EXCELLENT



SODIUM
LOW IN SODIUM
Only Alaska shrimp and urchin are low in sodium



VITAMIN B-12
EXCELLENT



SELENIUM
EXCELLENT



ANTIOXIDANT*
HIGH IN SELENIUM, HIGH IN VITAMIN A
Only Alaska sea cucumber is high in the antioxidant vitamin A



VITAMIN A
EXCELLENT
Only Alaska sea cucumber is an excellent source



FAT
LOW FAT, NO SATURATED FAT
Alaska shrimp and geoduck are **FAT FREE**, while Alaska sea urchin roe is too rich for these nutrient claims

*dietary antioxidants claims for substances that protect cells in your body from destructive free radicals.

The USDA recommends eating



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

#ASKFORALASKA

#SEAFOOD2XWK

