



NUTRIENTS IN WILD ALASKA SEAFOOD

Wild Alaska seafood is one of the most nutritious foods available on the planet.

Rich in High-quality Protein



Wild Alaska seafood species are loaded with nutrients that have multiple health-promoting benefits that reduce disease risk. It is also delicious and versatile, giving it a diverse menu in terms of both nutrition and flavor!

Find out more at www.alaskaseafood.org/health-nutrition and try nutritious recipes at www.wildalaskaseafood.com



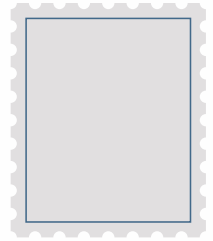
www.alaskaseafood.org
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Wild Alaska Seafood offers nutrients including:

- **Omega-3 Fatty Acids** – Loaded with EPA and DHA, these fats reduce the risk of heart disease, Alzheimer’s Disease, lower inflammation and reduce the risk of cancer.
- **Vitamin D** – one of the most significant food sources of vitamin D available. This nutrient is critical for brain health, bone health, and reduced risk of cancer, diabetes and heart disease.
- **B Vitamins – niacin, B6 and B12** – essential for functions including energy production at the cellular level, creating and repairing DNA, and reducing inflammation.
- **Selenium** – protects bone health, decreases thyroid antibodies in people with autoimmune thyroid disease and may reduce the risk of cancer. It also protects against mercury toxicity.
- **Potassium** – helps to control blood pressure and risk your risk of stroke.
- **Iron, Copper, and Zinc** – necessary for a range of bodily function including wound healing, oxygen transportation, immune function, and cellular growth.
- **Protein** – rich in high-quality protein which plays a role in healing, protecting bone health and maintaining muscle mass.

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