

HEALTH BENEFITS

Alaska seafood is some of the most nutritious food on the planet and contributes to whole body health. From your brain to your heart to your gut, regularly eating Alaska seafood is your ticket to living a healthier lifestyle. There's no end to what's good about Alaska seafood!

DIETARY GUIDELINES

The U.S. Food and Drug Administration recommends adults consume 2-3 servings of seafood per week, which provides the necessary protein, healthy omega-3 and omega-6 fatty acids, minerals, and vitamins our bodies need.

Some health benefits of Alaska seafood include:

- Decreased blood pressure
- Reduced risk of heart disease
- Reduced side effects associated with stroke
- Increase in healthy brain development
- Reduced inflammation throughout the body
- Reduced symptoms of depression
- Reduced risk of Alzheimer's and dementia
- Reduced risk of eye diseases



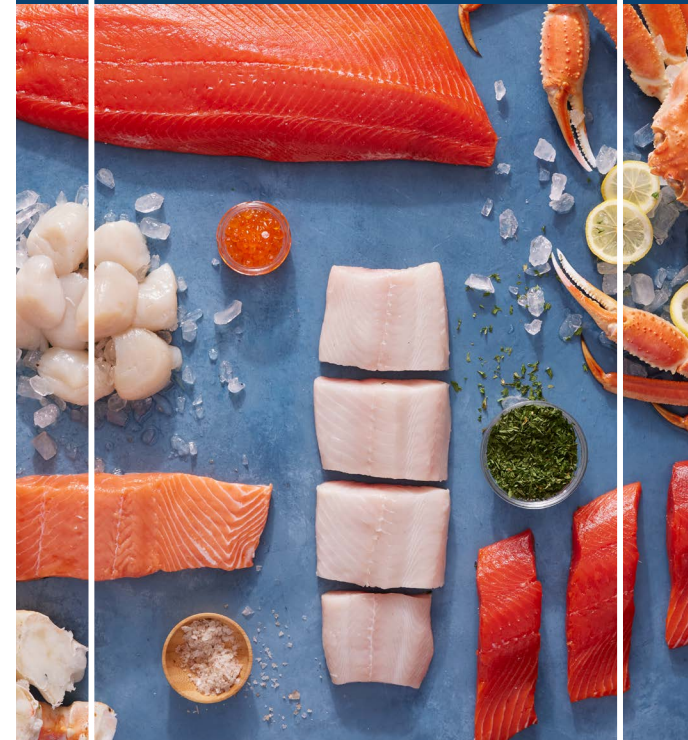
SUSTAINABILITY

SCIENCE-BASED MANAGEMENT

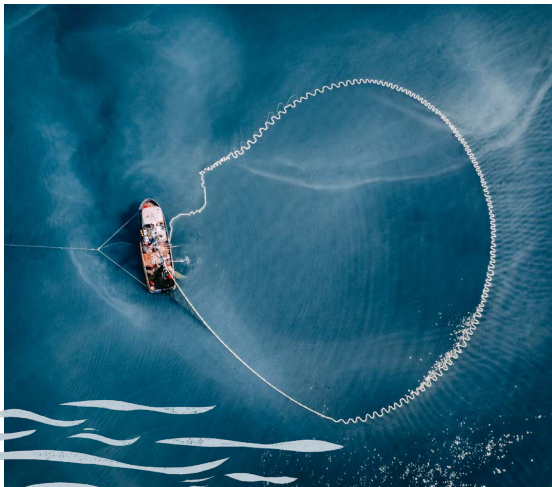
Alaska is recognized as a global leader in science-based wild fisheries management. Wild seafood is one of Alaska's most precious resources and we go to great lengths to support its continued abundance. Sustainability is not only crucial to our livelihoods, but it's also a deeply ingrained tradition. Our dedication to upholding sustainable practices in Alaska encompasses five pillars of sustainability: fisheries management, resource utilization, support for families and communities, social responsibility, and certification. These pillars ensure sustainable seafood is available to you today and far into the future.



ALASKA SEAFOOD 101



FROM DECK TO DINNER TABLE,
here's why you should
choose Alaska seafood



WILD-CAUGHT

Alaska's pristine waters are abundant with delicious wild-caught seafood species. Everything from salmon to whitefish to shellfish all swim free and thrive in their own natural environments.

SUSTAINABILITY

Alaska seafood is sustainable seafood. All Alaska species are responsibly managed utilizing a world-leading science-based approach to help fish populations, communities, and ecosystems thrive.

NUTRITION

Alaska seafood species are packed with protein, omega-3s, vitamins, and minerals which can support overall brain, immune system, heart, muscle, and bone health.

HARVESTING

For harvesters who work the cold, wild waters of Alaska, fishing is more than a livelihood—it's a tradition that goes back many generations. Alaska's commercial fishing families and communities are the heart and soul of Alaska's seafood industry, which is a key sector of the state's economy.



VARIETIES

SALMON

Wild salmon thrive in Alaska's waters. The five Pacific species - keta, sockeye, Chinook, coho and pink - are all dietary superstars. Wild salmon is easy to cook and adaptable for all types of cuisine.

WHITEFISH

Alaska's whitefish varieties are abundant and versatile. From classic halibut to pollock, rockfish, sablefish, sole/flounder, atka mackerel, herring, cod and surimi, Alaska whitefish options suit most any menu, cooking preparation or budget.

SHELLFISH

When it comes to succulent wild shellfish, Alaska is king. Alaska scallops, spot prawns and crabs - including king, snow and Dungeness - are luxurious seafood species that can be enjoyed in a fine restaurant or in your own kitchen.

SUPPORT WORKING ALASKANS

Thousands of Alaskans work every day to ensure the health and sustainability of their fisheries, support their community, and produce some of the highest quality seafood on the planet.

When you buy Alaska seafood products you support local Alaskans, their families, and countless communities around the state.

ASK FOR ALASKA

There are many ways to choose wild Alaska Seafood wherever you shop or dine. From your local grocery store, to your favorite restaurant to online retailers — wherever your culinary journey takes you, always remember to #AskforAlaska. To learn more, visit alaskaseafood.org.



SCAN HERE
to buy
Alaska seafood!

