

Wild Yukon Keta Salmon

Your Source of the World's Best Salmon

Yukon Keta: Just for the Health of It

The cornerstone of a Healthy Diet. Most nutrition professionals define a “healthy diet” as one that includes plenty of fresh fruits and vegetables, whole grains, and at least two servings of seafood—such as Yukon Keta salmon—per week. Not only is Yukon Keta higher in beneficial oils—particularly the polyunsaturated fatty acid known as Omega-3s—than any other seafood, but it is an excellent source of protein, minerals and vitamins.

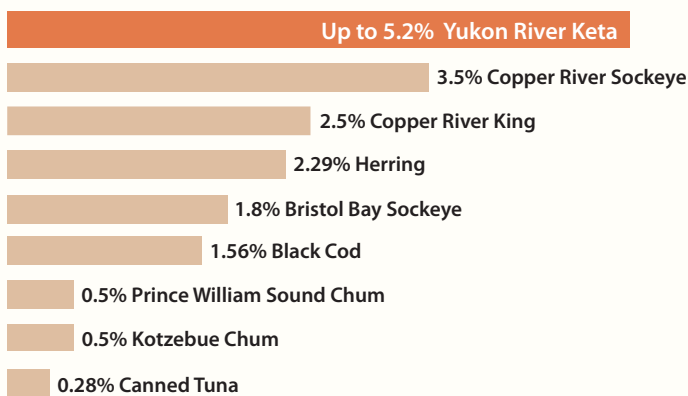
In fact, recent laboratory tests show that just one 100-gram (3.5 oz.) serving of Yukon Keta salmon contains up to 5.2 grams of Omega-3s—the equivalent of 10 average-potency fish oil capsules. Why are Omega-3s important? A growing body of scientific research links two of the main components of Omega-3s, EPA and DHA, with heart health, a strong immune system, healthy brain development, visual acuity, and even mental health.

A 2006 report from the Harvard School of Public Health found that “fish consumption lowers the risk of death from heart disease by 36%,” and “reduces total mortality by 17%.” The authors stated that “this benefit was related to the level of intake of omega-3 fatty acids, and thus benefits are greater for oily fish” such as salmon.

“Seafood is likely the single most important food one can consume for good health.”
 Dariush Mozaffarian, Ph.D.,
 Harvard School of Public Health



Omega-3s found in seafood Grams of Omega-3 per 100g Serving



Yukon Keta plays a key role in a healthy diet for other reasons as well. Just one 3 oz. serving of Yukon Keta delivers 50 percent of the RDA for Vitamin D in adults. In addition to aiding in bone health and brain function, Vitamin D may play a significant role in contributing to a healthy immune system.

A Gift from the River. Yukon Keta (*Oncorynchus keta*) enter the river full of rich oil to sustain them on their long journey to their upriver spawning grounds, in some cases, traveling as far as 2,000 miles. Their high oil content translates into a rich, buttery texture and delicious flavor that lends itself to a variety of preparation methods.

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“Living to fish, fishing to live”