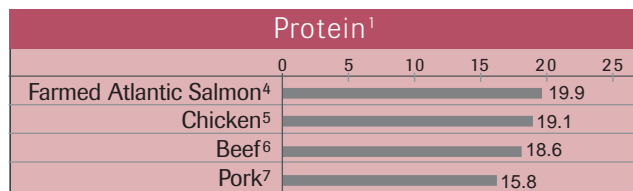
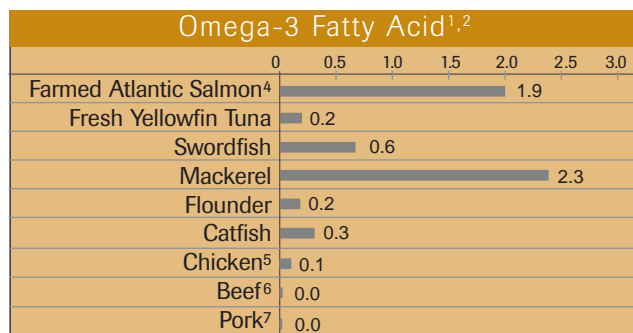
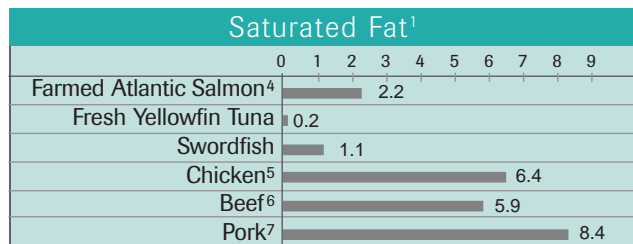


The bottom line for salmon—farmed or wild—is that it is a nutritionally sound food. There are differences in fat and omega-3 content among the different types of salmon. But, as a high-quality, low-calorie protein source, all salmon are relatively low in saturated fat and contain substantial amounts of omega-3 fatty acids. Consumers’ taste buds and nutritional needs will be well served by a meal of either farmed or wild salmon.



Calories³

Farmed Atlantic Salmon ⁴	183
Chicken ⁵	211
Beef ⁶	215
Pork ⁷	285

Wild or Farmed—Is One Better for You?

Wild salmon comprise six different species, and each has different amounts of saturated fat and omega-3. While both wild and farmed salmon contain substantial amounts of omega-3 fatty acids and both are low in saturated fat, there are differences: some species of wild salmon have a bit less omega-3 and some have quite a bit less than farmed Atlantic salmon. Likewise, one of the principal species of wild salmon has more saturated fat than farmed Atlantic salmon, while others have less.

Farmed Atlantic Salmon Compared to Wild Species¹

Food	Omega-3 ²	Saturated Fat
Farmed Atlantic Salmon ⁴	1.9	2.2
Wild Chinook Salmon	2.0	3.1
Wild Chum Salmon	0.6	0.8
Wild Coho Salmon	1.1	1.3
Wild Pink Salmon	1.0	0.6
Wild Sockeye Salmon	1.2	1.5

Omega-3 as a Percent of Total Fat

In an attempt to represent the omega-3 content of wild salmon as being greater than that of farmed salmon, the amount of omega-3 as a percent of total fat, rather than the nutritionally correct absolute value of omega-3, is sometimes used. This makes no sense in evaluating omega-3 content, as it is the absolute amount ingested that has the effect. And since all salmon is low in fat, this manipulation has no real nutritional meaning, and is misleading.

Moreover, it is often used selectively for the one species of wild salmon (pink) which it makes sound better. If used with chinook, chum or coho, it would not. And, if used to compare with sockeye it would put wild salmon at a disadvantage.

Percent of Total Fat as Omega-3²

Farmed Atlantic Salmon	18
Wild Chinook Salmon	19
Wild Chum Salmon	17
Wild Coho Salmon	18
Wild Pink Salmon	29
Wild Sockeye Salmon	14

¹ All content in grams per 100 grams, raw

² EPA plus DHA

³ kcal per 100-gram portion, raw

⁴ Because Atlantic salmon comprise over 95 percent of the farmed salmon raised, the figures regarding nutrient content are given for this farmed species. Wild Atlantic salmon is an endangered species and not fished commercially in North America.

⁵ Average of white and dark meat with skin, raw

⁶ Ground beef, 85% lean, 15% fat, raw

⁷ Fresh loin blade, bone in, raw

Nutrient Data: USDA Nutrient Database for Standard Reference, Release 16 (2003)