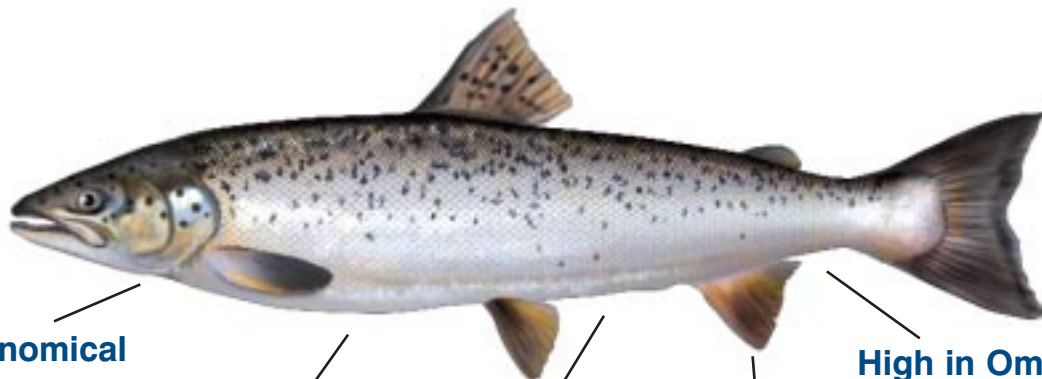
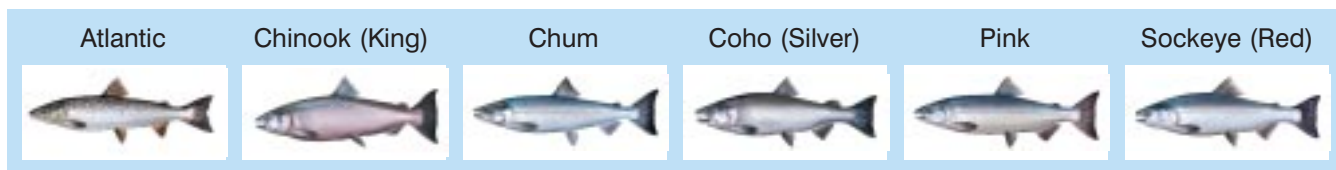


# Why We Sell All Kinds of Salmon: Wild and Farm-Raised

Salmon, like many other foods comes in several varieties. There are six species: one species of Atlantic and five species of Pacific salmon. Pacific salmon are both farm-raised and wild-caught. Salmon have different tastes, textures and prices, which add to their appeal. But, best of all, they are all low in saturated fat and high in omega-3 fatty acids, which have been shown to be good for your heart and general well-being.

Which salmon should you choose? It's up to you. We think you should try them all and see what you like. They are all good for you and all cook up in a tasty meal. While wild-caught salmon is only available for three to four months in the summer, you can continue to enjoy fresh, farm-raised salmon year-round.



## Economical

Farm-raised salmon is economical and available fresh year round. Wild salmon generally sells at a premium price and is available in the summer.

## Low in Saturated Fat

Both wild and farm-raised salmon are low in saturated fat.

## High in Omega-3 Fatty Acids

All species have lots of omega-3. No other readily available food source has more than farm-raised salmon.

## Color

The pink color of farm-raised salmon comes from nature-identical compounds included in their feed. The same compounds are eaten by wild fish as they feed on krill and shrimp.

## PCBs and Mercury

A host of independent scientists agree that farm-raised and wild salmon is a safe food that you should continue to enjoy regularly. Recent tests of farm-raised salmon show PCBs to be 1/100 of the FDA tolerance. Neither wild nor farm-raised have any mercury concern.

For more information, visit [www.salmonoftheamericas.com](http://www.salmonoftheamericas.com)