



Wild, Natural and Sustainable Alaska Seafood: A Healthy and Delicious Choice for Everyone

**Joe Jacobson
International Program Coordinator**

March 2009



Wild, Natural & Sustainable®





Alaska's Bountiful Fisheries

- Alaska's all-wild fisheries are productive, clean and healthy
- Over 50% of all seafood harvested in U.S. is from Alaska
- Alaska is the only state that mandates sustainability in the development and management of all of its fisheries





Varieties of Alaska Seafood

- **Alaska Salmon Species**
 - Pink, Keta, Sockeye, Coho, King
- **Alaska Whitefish Varieties**
 - Pacific cod, Pacific Halibut, Alaska Pollock, Black Cod (Sablefish), Sole
- **Alaska Shellfish**
 - Alaska Crab (King, Snow and Dungeness), Scallops, Shrimp, Clams









Five Species of Wild Alaska Salmon



King (Chinook)

Silver (Coho)

Keta

Pink

Sockeye (Red)





Nutritional Benefits of Wild Alaska Salmon

- Generous amounts of omega-3 fatty acids, including long chain varieties (dha/epa) found almost exclusively in seafood
- Low in saturated fat/cholesterol
- No trans fat
- High in selenium and vitamin D
- Excellent source of niacin, B6 and B12







**Wild Alaska Seafood is
healthy, delicious and
available year-round**





The Alaska Canned Salmon Global Food Aid Program

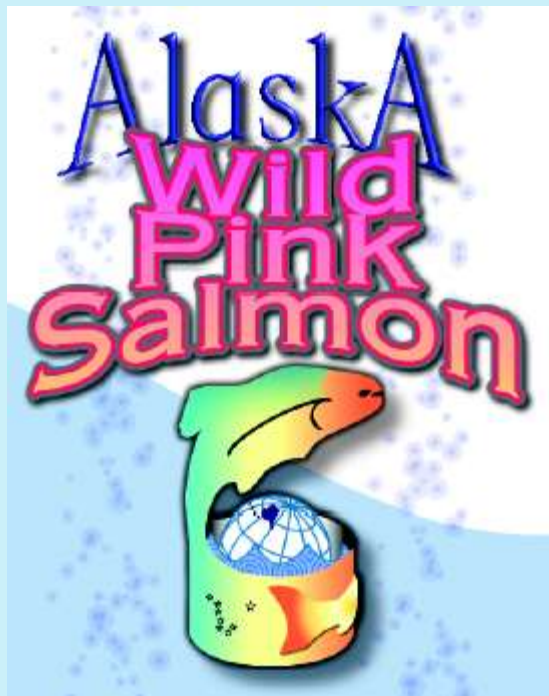


Promotes flavourful, nutritious
and easy-to-prepare

Alaska **Canned Salmon** in international
food-aid programs



Canned Salmon Suitable for All Types of Food-Aid Projects



- School Feeding
- Disaster Relief
- Food-for-Work
- Maternal Child Health

Alaska Canned Pink Salmon



- **Delivers Exceptional Nutritional Value**

- 139 calories, 54 calories from fat
- **19.8 g. protein**
- 6.0 g. total fat
 - **1.7 g omega-3 fatty acids**
 - 1.5 g saturated fat
- 55 mg. cholesterol
- **213 mg. calcium**
- 554 mg sodium
- (100 g serving)

Future Products

- Canned Alaska herring:
 - Calories: 195/100 g serving
 - Protein: 16.39 g
 - Total Fat: 13.88 g
 - Omega-3: 1.8 g
- Protein powder created from fish processing byproduct





Canned Salmon is available through

USDA Food for Progress

USDA McGovern-Dole International Food for Education and Child Nutrition Program



USAID
FROM THE AMERICAN PEOPLE





Thank You!

