



www.advancedhealth.com/healthy-bytes-initiative

- Salmon is higher in fat (56%) than it is in protein (44%) and contains cholesterol so limit portions to 3 oz no more than twice/week
- Salmon can contain mercury, dangerous for pregnant/nursing women and small children. Mercury-free sources of omega 3s include flax & chia seeds, walnuts & soybeans, all of which also contain healthy fiber

Note:

- Very good source of vitamin D for building strong bones and B12 for nerve function, muscle contraction and energy production
- Rich in anti-inflammatory omega 3 fats which can lower risk for heart disease, stroke, high blood pressure and dementia

Potential benefits of consuming 3 oz salmon 2x/week

- 175 Calories, 19 gm protein, 11 gm fat, 54 mg cholesterol, no fiber

3 oz of baked salmon provides:

Health Benefits of Salmon

High-protein salmon contains omega 3 fats that help reduce risk for chronic disease, and are important for fetus and adult brain health.



Salmon



www.advancedhealth.com/healthy-bytes-initiative

- Salmon is higher in fat (56%) than it is in protein (44%) and contains cholesterol so limit portions to 3 oz no more than twice/week
- Salmon can contain mercury, dangerous for pregnant/nursing women and small children. Mercury-free sources of omega 3s include flax & chia seeds, walnuts & soybeans, all of which also contain healthy fiber

Note:

- Very good source of vitamin D for building strong bones and B12 for nerve function, muscle contraction and energy production
- Rich in anti-inflammatory omega 3 fats which can lower risk for heart disease, stroke, high blood pressure and dementia

Potential benefits of consuming 3 oz salmon 2x/week

- 175 Calories, 19 gm protein, 11 gm fat, 54 mg cholesterol, no fiber

3 oz of baked salmon provides:

Health Benefits of Salmon

High-protein salmon contains omega 3 fats that help reduce risk for chronic disease, and are important for fetus and adult brain health.



Salmon

Salmon

High-protein salmon contains omega 3 fats that help reduce risk for chronic disease, and are important for fetus and adult brain health.



Health Benefits of Salmon

3 oz of baked salmon provides:

- 175 Calories, 19 gm protein, 11 gm fat, 54 mg cholesterol, no fiber

Potential benefits of consuming 3 oz salmon 2x/week

- Very good source of vitamin D for building strong bones and B12 for nerve function, muscle contraction and energy production
- Rich in anti-inflammatory omega 3 fats which can lower risk for heart disease, stroke, high blood pressure and dementia

Note:

- Salmon is higher in fat (56%) than it is in protein (44%) and contains cholesterol so limit portions to 3 oz no more than twice/week
- Salmon can contain mercury, dangerous for pregnant/nursing women and small children. Mercury-free sources of omega 3s include flax & chia seeds, walnuts & soybeans, all of which also contain healthy fiber

www.advancedhealth.com/healthy-bytes-initiative



Salmon

High-protein salmon contains omega 3 fats that help reduce risk for chronic disease, and are important for fetus and adult brain health.



Health Benefits of Salmon

3 oz of baked salmon provides:

- 175 Calories, 19 gm protein, 11 gm fat, 54 mg cholesterol, no fiber

Potential benefits of consuming 3 oz salmon 2x/week

- Very good source of vitamin D for building strong bones and B12 for nerve function, muscle contraction and energy production
- Rich in anti-inflammatory omega 3 fats which can lower risk for heart disease, stroke, high blood pressure and dementia

Note:

- Salmon is higher in fat (56%) than it is in protein (44%) and contains cholesterol so limit portions to 3 oz no more than twice/week
- Salmon can contain mercury, dangerous for pregnant/nursing women and small children. Mercury-free sources of omega 3s include flax & chia seeds, walnuts & soybeans, all of which also contain healthy fiber

www.advancedhealth.com/healthy-bytes-initiative

