



## The Health Benefits of Salmon

Salmon fillets are a good source of healthy omega 3 fats and protein.

### 3 oz of baked salmon provides:

- 175 Calories, 19 gm protein, 11 gm fat, 54 mg cholesterol, 0 fiber

### Potential benefits of consuming 3 oz salmon 2x/wk

- 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 protein (44%) and contains cholesterol, so limit portion size to 3 oz no more than twice/wk
- Salmon can contain mercury, a heavy metal toxin, potentially dangerous for pregnant/nursing women and small children
- Mercury-free sources of omega 3 fats include flax & chia seeds, walnuts & soybeans. Plant sources also provide healthy fiber

For more information, visit our website:  
[www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)

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