



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

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Give Your Family More of the Good Stuff!



Shop and Save

- Choose fresh salmon that has either a salty ocean-like scent, or no scent at all. The flesh should be firm and deeply colored. Skin and flesh should be shiny and bright.
- Commercially frozen salmon is flash-frozen soon after harvest. Look for fish in vacuum-sealed bags.
- Canned salmon usually costs less than fresh and is cooked and ready to use.
- If you catch your own salmon, keep it very cold until cooked or processed by freezing or canning.



*Omega-3 Fatty acids found in salmon
help reduce the risk of heart disease*



Small bones are soft after canning. They can be mashed and eaten for more calcium.

Salmon Basics

Types of Salmon

There are many types of fresh and canned salmon.

Canned
Pink salmon has a light color and mild flavor.



Red (Sockeye) salmon has a more intense flavor and color.

Traditional pack includes skin and bones; skinless and boneless packs are also available.

Fresh / Frozen
Wild salmon – tends to be darker colored; may be more expensive than farmed salmon.
Farmed salmon – may be lighter in color; not all species are available.

Salmon is commonly available as:

- Whole or sections of whole fish - with skin and bones.
- Filets or fillets - lengthwise boneless cuts.
- Steaks - crosswise cuts about an inch thick with skin and bones.



Store Well Waste Less

Fresh salmon should be kept ice cold at all times until cooking. Storage time is short (approximately 1 day) before cooking or freezing.

Frozen salmon is best used within 6 months. Defrost frozen salmon in the refrigerator and use right away.

Canned Salmon

- Shelf life can be 3-6 years.
- After opening, canned salmon should be used within 3 days. Seal it in an airtight container or bag. Leftovers can also be frozen.



Cooking with Salmon

Salmon Patties

Ingredients:

- 1 can (14.75 ounce) **salmon**, drained
- 1 slice of **bread**, torn into very small pieces
- 1 tablespoon light **mayonnaise**
- 1 tablespoon **lemon juice**
- 1 **egg**, lightly beaten
- ½ cup **celery**, finely chopped
- ½ cup **carrot**, finely chopped or grated
- ½ cup **onion**, finely chopped

Directions:

1. Remove skin and large bones from salmon. In a medium bowl break up salmon and mash small bones with a fork.
2. Add the rest of the ingredients. Mix well.
3. Firmly press about ½ cup of the mixture into a 1 inch thick patty. Repeat to make more patties.
4. Lightly spray or oil a large skillet and heat over medium heat.
5. Add the patties and cook until they are golden brown, about 5 to 7 minutes per side.
6. Refrigerate leftovers within 2 hours.

Makes 4 patties

Prep time: 15 minutes

Cook time: 10 to 15 minutes

Go to
FoodHero.org
for easy, tasty
salmon recipes

Salmon Salad Mix

Ingredients:

- 1 can (14.75 ounce) **salmon**, drained
- ¼ cup **pickle relish** (dill or sweet) or chopped pickles
- ¼ cup plain **nonfat yogurt**
- 2 Tablespoons light **mayonnaise**
- 2 Tablespoons **lemon juice** (about ½ lemon)

Directions:

1. Remove skin and large bones from salmon. In a medium bowl, break up salmon and mash small bones with a fork.
2. Add relish, yogurt, mayonnaise and lemon juice.
3. Mix together until well combined.
4. Chill before serving. Serve on a bed of salad greens or use as a sandwich filling.
5. Refrigerate leftovers within 2 hours.

Makes 1 ½ cups

Prep time: 10 minutes plus chilling

Quick Fix

- Use salmon instead of tuna.
- Add to Corn or Potato chowders.
- Try salmon in an omelet or salad.
- Add to pasta dishes.

Cooking Salmon

Salmon can be grilled, poached, baked, steamed, fried or planked. Serve with a fruit or veggie salsa to reduce the calories from mayonnaise based tartar sauce.



When kids help make healthy food, they are more likely to try it. Show kids how to:

- tear bread
- beat eggs
- measure ingredients
- mash soft bones with a fork