

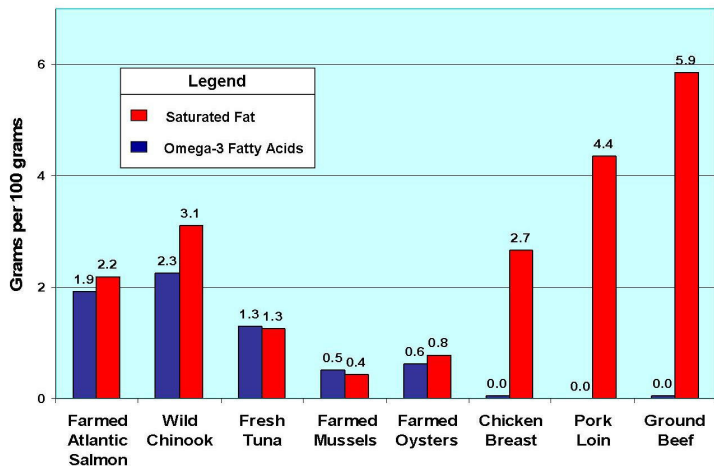
Sustainable Healthy Seafood



Locally Grown by
Maine's Water Farmers



Fats in Maine Farmed Seafood Compared to Other Foods



The fat content of various popular protein sources. The red bars indicate the level of unhealthy saturated fat while the blue bars show the amount of healthy Omega-3 fatty acids.

Source: USDA Nutritional database for standard Reference Release 16 (2003)

MAINE SALMON IS LOW IN SATURATED FAT AND CALORIES, HIGH IN OMEGA-3 AND COMPLETE PROTEINS

Farmed salmon is naturally low in saturated fat and calories, so it fits in with any menu choice, whether it's for a normal or a fat restricted diet. As the chart shows, farmed salmon has less saturated fat than chicken breast and about a third of the saturated fat of lean ground beef. One serving of farmed Atlantic salmon contains only 183 calories. This compares very favorably with other protein sources such as beef, 215 calories or chicken breast, 172 calories. Combine low saturated fat with good taste and low calories and you have a great healthy food for all ages. But it gets better! Salmon provides as much high quality, complete protein per mouthful as chicken, ground beef, pork or tuna. Add in the fact that Maine farmed salmon has some of the highest levels of omega-3 fatty acids (almost 2 grams per 100gram salmon portion) in any food you can eat and you have a heart healthy, low fat, body building food you can enjoy whether you are on a body-building regimen or a diet designed to slim down.

MAINE MUSSELS AND OYSTERS LOW IN SATURATED FAT AND CALORIES, HIGH IN ESSENTIAL MINERALS, OMEGA-3'S

Farmed mussels and oysters are naturally very low in saturated fat (oysters .8, mussels .4 grams /100grams of shellfish meat). Although they are low in calories (oysters 68, mussels 86 calories/100grams of shellfish meat) mussels and oysters have relatively high levels of Omega-3 fatty acids. In fact out of all the common shellfish, mussels and oysters are the two best sources of omega 3s (mussels .5 grams, oysters .6 grams per 100 grams of shellfish meat). Combine those omega 3 levels with the fact that mussels and oysters are great sources of calcium, iron, potassium and phosphorous and you have a delicious source of many essential nutrients that can be prepared in hundreds of different ways.

Nutrition Facts: Maine Farmed Seafood								
	Blue Mussels	Eastern Oysters	Clams	Atlantic Salmon	Rainbow Trout	Chicken Breast	Ground Beef	Pork Loin
Calories (kcal)	86.0	68.0	74.0	183.0	138.0	172.0	215.0	198.0
Protein (g)	11.9	7.1	12.8	19.9	20.9	20.9	18.6	19.7
Carbohydrates (g)	3.7	3.9	2.6	0.0	0.0	0.0	0.0	0.0
Total Fats (g)	2.2	2.5	1.0	10.9	5.4	9.3	15.0	12.6
Saturated Fat (g)	0.4	0.8	0.1	2.2	1.6	2.7	5.9	4.4
Omega-3 Fatty Acids (g)	0.5	0.6	0.2	1.9	0.9	0.0	0.0	0.0
Cholesterol (mg)	0.3	53.0	34.0	59.0	59.0	64.0	68.0	63.0
Calcium (mg)	26.0	45.0	46.0	12.0	67.0	11.0	15.0	18.0
Iron (mg)	4.0	6.7	14.0	0.4	0.3	0.7	2.1	0.8
Magnesium (mg)	34.0	47.0	9.0	28.0	32.0	25.0	18.0	21.0
Phosphorus (mg)	197.0	135.0	169.0	233.0	282.0	174.0	171.0	197.0
Potassium (mg)	320.0	156.0	314.0	362.0	451.0	220.0	295.0	356.0
Sodium (mg)	286.0	211.0	56.0	59.0	35.0	63.0	66.0	50.0

Source: USDA Nutrient Database for Standard Reference Release 15