



Nutrition Facts
Maine Farmed Seafood vs. Chicken, Beef and Pork

	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

HEALTH BENEFITS OF
Maine Farm Raised Seafood

- ♥ Great Source of Omega 3 Fatty Acids
 - Omega 3's help lower Blood Pressure, risk of Heart Disease and Heart Attack.
 - Omega 3's may improve arthritis and kidney function
- ♥ Good source of High Quality Protein
- ♥ Low in Saturated Fat ♥ Low in Calories
- ♥ Low in Mercury ♥ No Growth Hormones
- ♥ Fresh from Maine's Pristine Waters