

Wild Pacific BC Salmon

Chinook Salmon



Flavour	Full	●●●●●○
Texture	Delicate-Medium	■●●●●●
Omega-3s	High	▲▲▲▲▲▲

Available fresh: April-September

Nutritional Value

Per 100 grams (3.5 oz) of raw edible portions
Source: Canadian Nutrient File, Health Canada, 2007

Calories (cal)	170.0
Total Fat (g)	10.4
Saturated Fat (g)	3.1
Cholesterol (mg)	50.0
Omega-3 (EPA & DHA)(g)	2.0

Chum Salmon



Flavour	Moderate	●●●●○○
Texture	Firm	■●●●●●
Omega-3s	Medium	▲▲▲▲△△

Available fresh: July - November

Calories (cal)	126.0
Total Fat (g)	3.7
Saturated Fat (g)	0.9
Cholesterol (mg)	39.0
Omega-3 (EPA & DHA)(g)	0.9

Coho Salmon



Flavour	Moderate	●●●●○○
Texture	Medium	■●●●●●
Omega-3s	Medium	▲▲▲▲△△

Available fresh: June - October

Calories (cal)	146.0
Total Fat (g)	4.6
Saturated Fat (g)	1.1
Cholesterol (mg)	49.0
Omega-3 (EPA & DHA)(g)	1.1

Pink Salmon



Flavour	Mild	●●○○○○
Texture	Firm	■●●●●●
Omega-3s	Low-Medium	▲▲▲▲△△

Available fresh: July- September

Calories (cal)	142.0
Total Fat (g)	6.7
Saturated Fat (g)	1.7
Cholesterol (mg)	53.0
Omega-3 (EPA & DHA)(g)	1.4

Sockeye Salmon



Flavour	Moderate-Full	●●●●●○
Texture	Firm	■●●●●●
Omega-3s	Medium	▲▲▲▲△△

Available fresh: June-August

Calories (cal)	168.0
Total Fat (g)	8.6
Saturated Fat (g)	1.5
Cholesterol (mg)	62.0
Omega-3 (EPA & DHA)(g)	1.2