



## Puget Sound Keta Salmon

### A Fall Finale to the Wild Salmon Season

**N**ow you can still enjoy fresh wild salmon, even with the cooler weather and falling leaves of autumn. Although fresh salmon is usually considered a summer delicacy, one of the most abundant salmon in Washington State, Puget Sound Keta Salmon, returns to Northwest waters in October and November. This last run of the season stretches our enjoyment of fresh, wild salmon almost to Thanksgiving, and is another reason why the Puget Sound is such a great source of this iconic fish.

Puget Sound Keta Salmon offers an ideal combination of firm texture, beautiful meat color and an attractive price. Keta has a milder flavor than sockeye or king salmon, and is the leanest of all salmon species. The fish is perfect for marinating and works well with a wide range of seasonings for delicious and nutritious fall meals.

## Puget Sound Keta Salmon

# A Healthy Choice for Your Family

Everyone knows that seafood is a great part of a healthy diet, but wild Puget Sound Keta Salmon offers health benefits that are unmatched by many other species.

**High in Omega-3 Oils** Puget Sound Keta Salmon is naturally high in omega-3 fatty acids. These “good fats” have been shown to be very beneficial in overall health and in combating a wide range of diseases, including heart disease, diabetes, depression, mental disorders; and diseases caused by inflammation, such as rheumatoid arthritis, eczema and asthma.

**A Great Source of Protein** Puget Sound Keta Salmon offers 25 grams of complete protein per 3.5-ounce serving, while only racking up 155 calories. This amount of protein can satisfy 50% of the adult daily requirement of protein for women and 40% of the requirement for men. And because salmon has little connective tissue, the protein it offers is highly digestible, even by children.

**Supplies Essential Vitamins and Minerals** Puget Sound Keta Salmon is a good source of vitamins, such as vitamin D, B6, B12, niacin and riboflavin, and is an excellent source of selenium.

**Pure and Natural** A recent scientific study has confirmed that Puget Sound Keta Salmon is nearly free of environmental contaminants, so consumers can eat this fish with confidence. The Washington State Department of Health recommends that Puget Sound Keta Salmon can be consumed by everyone without restriction and notes that it offers a wide range of health benefits.

### Nutrition Facts

#### Puget Sound Keta Salmon

Per 3.5oz/100g

Calories .....	155
Protein.....	25g
Fat .....	5g
Saturated Fat .....	1g
Sodium.....	65mg
Cholesterol.....	95mg
Omega-3 fatty acids – EPA & DHA .....	800mg



## The Fresh Facts About Puget Sound Keta Salmon

Puget Sound Keta Salmon is caught in the marine waters of Western Washington, so it can be quickly processed and delivered to grocery stores, restaurants, and farmers’ markets while still at its peak. To further ensure quality, many fishermen participate in the Sound Catch™ program. These fishermen have all agreed to immediately bleed and chill their fish on board the boat. This practice produces premium fish with great flavor and a long shelf life. Ask for Sound Catch salmon to ensure you are receiving this superior product.

Like farmers, fishermen run small businesses that support the economy and provide high quality salmon at fair values for all. By supporting fishermen, you ensure the continued availability of this important seafood product.

## A Sustainable Fishery

Salmon in Washington are carefully managed to ensure their sustainability. The State of Washington sets strict limits on the fish to be harvested each season, which protects a portion of the run and allows it to spawn. These sustainable management practices enable all of us to enjoy a healthy salmon resource now and in the future.



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