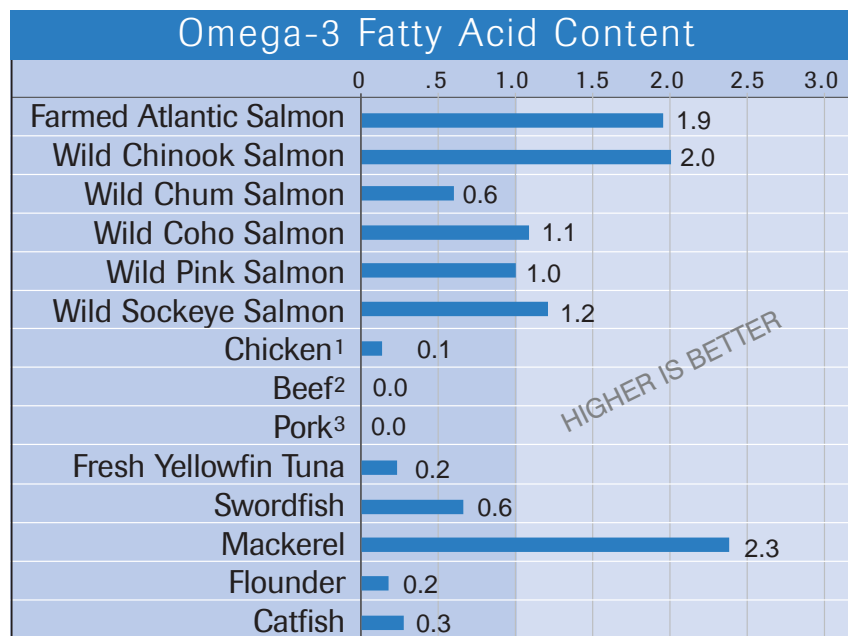
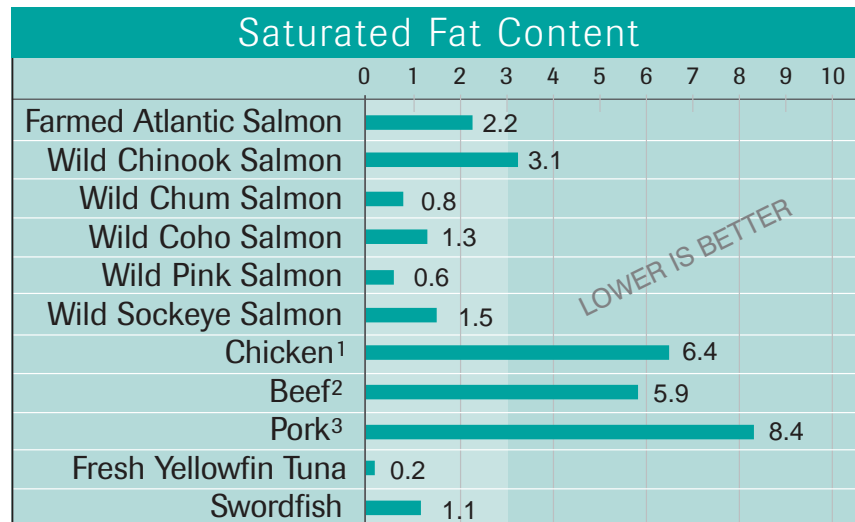


Here's how farmed and wild salmon stack up on omega-3 fatty acids (high) and saturated fat (low). We've included comparisons to other fish and meats for your reference. Remember, a healthy diet is a balanced diet. Eat a variety of foods each day.



All content in grams per 100 grams, raw
 1. Average of white and dark meat with skin, raw
 2. Ground beef, 85% lean, 15% fat, raw
 3. Fresh loin blade, bone in, raw

Source: USDA Nutrient Database for Standard Reference, Release 16 (2003)