

BRISTOL BAY SOCKEYE SALMON NUTRITION

Bristol Bay sockeye salmon partnered with Edacious, an independent provider of verified food quality testing, to conduct a nutrient density analysis of the unique nutrition and safety properties of wild Bristol Bay sockeye salmon.

A single serving (113g) of Bristol Bay sockeye salmon contains:

- **23 grams of protein**
- **32.7 mcg of vitamin D**, 160% of the USDA recommended daily value
- **31 mcg of selenium**, 60% of the USDA recommended daily value

Bristol Bay sockeye salmon is an excellent dietary source of vitamins B2 (riboflavin), B3 (niacin), B5 (pantothenic acid) and B6 (pyridoxal), vitamin D, phosphorus and selenium, and is a good source of vitamin B1 (thiamin).

On average
BRISTOL BAY SOCKEYE SALMON
— compared to —

FARMED ATLANTIC SALMON contains:

- **58% LESS** polyunsaturated fat
- **40% MORE** eicosapentaenoic acid (EPA), an omega-3 fatty acid that supports cardiovascular and cognitive health and lowers inflammation
- **2.6x MORE** vitamin D
- **4.3x MORE** calcium

**PURE EASY
PROTEIN**



23 GRAMS of PROTEIN

BRISTOL BAY SOCKEYE SALMON CONTAINS NO MICROPLASTICS

Nutrition Facts

1 serving per container	
Serving size	113g
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 90mg	29%
Sodium 50mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Protein 23g	
Calcium 50mg	4%
Iron 0.4mg	2%
Vitamin D 32.7mcg	160%
Potassium 360mg	8%
Thiamin 0.16mg	15%
Riboflavin 0.3mg	25%
Niacin 7.6mg	45%
Pantothenic Acid 1.4mg	25%
Phosphorous 290mg	25%
Selenium 31mcg	60%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This standardized nutrition label is available for use on any packages of Bristol Bay Sockeye Salmon. Email info@bbrsda.com to learn more.

With Bristol Bay sockeye salmon, quality reflects where food comes from and what it delivers. That's why we partnered with Edacious, an independent provider of verified food quality testing, data and insights to better understand the nutrition and safety of our wild sockeye salmon. This work helps us bring greater transparency, clarity and confidence to how food quality is measured and communicated.

2026



GUIDELINES

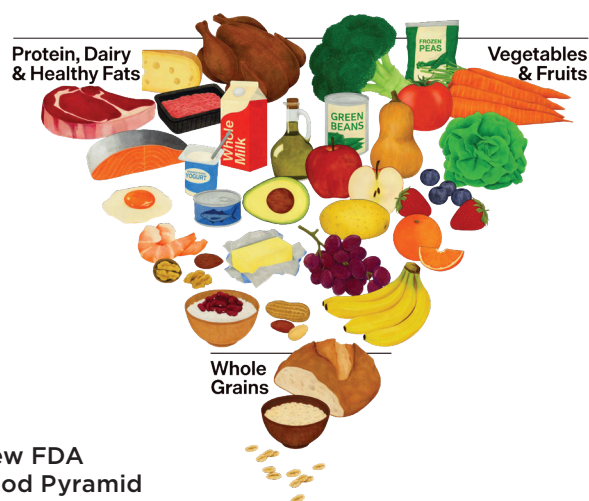
FDA: A “HEALTHY” CHOICE by Federal Standards

The updated definition of “healthy” prioritizes whole, nutrient-dense foods which meet updated limits on saturated fat, sodium, and added sugars.

Bristol Bay sockeye delivers:

- **High-quality PROTEIN**
- **Omega-3 fatty acids (EPA & DHA)**
- **Essential nutrients like VITAMIN B12, SELENIUM, AND VITAMIN D**

Under updated federal guidance from the FDA, single-ingredient seafood — including wild Bristol Bay sockeye salmon — automatically qualifies as “healthy.”



USDA: Americans Encouraged to EAT SEAFOOD 3X WEEK

New Dietary Guidelines for Americans recommend regular seafood consumption to support health across all life stages.

- For pregnant and breastfeeding women, nutrients like omega-3 DHA are **VITAL FOR FETAL NEURODEVELOPMENT**.
- Seafood is **RECOMMENDED FOR CHILDREN STARTING AT SIX MONTHS** of age.
- For older adults, diets including seafood have been linked with **BETTER MEMORY, SLOWER COGNITIVE DECLINE, AND LOWER RISK OF DEMENTIA**.

Bristol Bay sockeye fits squarely within these recommendations as a **VERSATILE, ACCESSIBLE, AND NUTRIENT-RICH OPTION**.



BRISTOL BAY
SOCKEYE SALMON

BOTTOM LINE:

Bristol Bay sockeye salmon is one of the
SIMPLEST, PUREST AND MOST IMPACTFUL PROTEIN
choices you can make.

Visit bristolbaysockeye.org/nutrition for more information.



BRISTOL BAY
SOCKEYE SALMON