

Good Fish, Good Fat, Good Health

By Kellie Sletten, Deli Manager



Let wild Sockeye salmon be your medicine. Ground-breaking research on Alaskan Salmon is in the news. Omega-3 fatty acids, known as good fats, are highly unsaturated and especially concentrated in Alaskan Salmon. They're natural: found in fish. They're healthy: protect our hearts and body. They're necessary: for optimum maternal and infant health.

Studies show a link between omega-3 fatty acids found in fish and a significant reduction and/or prevention of heart disease, diabetes, arthritis, cancer, depression, schizophrenia, memory loss and Alzheimer's. This fatty acid can stop arrhythmia before it triggers sudden death from a heart attack and inhibit the production of substances that promote

inflammation associated with heart disease. It doesn't stop there: omega-3 is also very important for pregnant women as well as children. If you are pregnant, eating Alaskan salmon will help build the unborn child's brain and retina three months before birth, and a nursing infant's three months after birth.

There has been some confusion over the differences between wild-caught and farm-raised salmon. Farmed salmon does contain the same fatty acids, but along with substantial ramifications. Studies have shown that farmed salmon are contaminated with PCBs, a known carcinogen. It appears that the fishmeal fed to farmed salmon is loaded with



organochlorine pesticides and polybrominated diphenyl ethers. Farmed salmon are "fatter": larger in size and contain more fat than wild salmon. PCBs are stored in the fat and remain there for an extended period of time. Due to these toxins, Science Journal recommends we eat farmed salmon once every two months.

What's important now is getting sustainably caught wild salmon available and on our dinner table. River Market is exclusively carrying Misty Fjord wild-caught Sockeye salmon. Local Fran Kaul, fisherwoman, is providing you with the highest quality freshfrozen Sockeye salmon available on the market. Just one serving of this delicious, mouth-watering Alaskan salmon can lower your cholesterol and risk of heart disease!