

Salmon is the best source of omega-3 fatty acid, vitamin D, and (DHA) to name a few. DHA is an omega-3 fatty acid which is essential for the growth and development of the brain in infants. In a study of vitamin D of traditional foods showed traditional meats, fish, and oils had high levels of the micronutrient and improved vitamin D intake. Lack of sunlight leads to vitamin D deficiency in Alaska due to the long cold winters so our people stay well with salmon.

I worry our providers are Vitamin D deficient without any salmon stocks to fish, symptoms includes bone pain or tenderness, impaired growth, increased bone fractures, and muscle cramps

Salmon also provides us

- antioxidant amino acid
- heart-health
- immune-support
- Energy-production
- muscle-building protein

According to Mayo Clinic research on depression, anxiety and exercise affirms the psychological and physical benefits of exercise can improve mood and reduce anxiety. Regular exercise helps by releasing endorphins, natural cannabis-like brain chemicals (endogenous cannabinoids) as well as others that improves well-being and this is what our people experience at fish camp, in their village, and is lacking during the salmon declines.

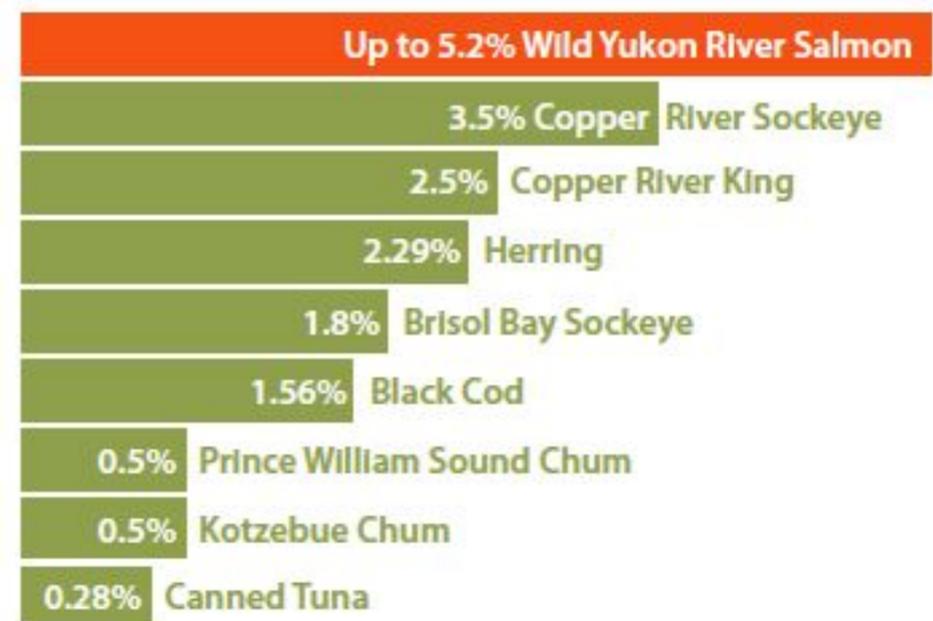
Also reducing depression requires a rich diet of fish (soul food), vegetables, and healthy oils.

Yukon River Keta: Highest Omega-3 of any salmon.

Testing has shown Yukon River Keta salmon to have the highest Omega-3 content of any salmon or other seafood. Yukon River Keta salmon were found to contain up to 5.2g per 100g serving – the equivalent of 10 average potency fish oil capsules. The result – a fish that tastes better and is better for you.

Omega-3s found in seafood

Grams of Omega-3 per 100g Serving



Higher oil content than many Kings.

Recent testing done by Bodycote Testing Group in Portland, Oregon, established that Yukon River Keta salmon have oil contents that range from 9-20% – that is equivalent to most kings from other areas of Alaska.

([Kwik'Pak Fisheries](#))