

Salmon

**Why is
it so
healthy?**



Salmon is one of the most popular fish for restaurants and consumers alike (over 2 million tons are consumed each year!) as it is both versatile and healthy. A four ounce serving of salmon contains only 261 calories and is bursting with nutritional value. In that serving, you will find 102% of daily requirements of Vitamin D, 87% of Omega-3 Fatty Acids, 58% of protein, 25%-56% of Vitamins B3, B6, and B12, along with high levels of magnesium, phosphorus and tryptophan.

Omega-3 fatty acids are the most praised nutrients in salmon. Omega-3s have a broad array of beneficial cardiovascular effects. They help prevent erratic heart rhythms, make blood less likely to clot inside arteries (the proximate cause of most heart attacks and strokes), improve the ratio of good cholesterol to bad cholesterol, and prevent cholesterol from becoming damaged (only damaged cholesterol clogs arteries). They may also reduce the risk of becoming obese by improving the body's ability to respond to insulin. Studies have shown that individuals who consume greater amounts of omega-3 fatty acids have lower blood pressure than those who consume less. Omega-3 fatty acids stimulate the secretion of leptin, a hormone that helps regulate food intake, body weight and metabolism, and is expressed primarily by fat cells.

Overall, eating more fish and less red meat is a good step to better nutrition and better health. Try some salmon today and enjoy a great nutrient-rich food during National Nutrition Month!

~ Courtesy of Aran Essig, UNC Dining Services Executive Chef ~

