

Fun Food Facts

Salmon

Nutrient	Why do our bodies love this?
Long chain Omega-3 fatty acids (EPA & DHA)	<ul style="list-style-type: none">• These are two of the most important omega 3 fats. Considered essential because our bodies can't make enough of it.• These fats are part of every cell in the body and plays a vital role in your brain, and is crucial during pregnancy and infancy<ul style="list-style-type: none">○ Decreases inflammation○ Lowering blood pressure○ Reducing cancer risk○ Improving function of the cells that line the arteries
Excellent PROTEIN source	<ul style="list-style-type: none">• Needed to help the body heal after injury• Protects bone health• Maintains muscle mass
High in B Vitamins (B1, B2, B3, B5, B6, B9, B12)	<ul style="list-style-type: none">• These vitamins are important for many things in the body including:<ul style="list-style-type: none">○ Creating and repairing DNA○ Reducing inflammation○ Optimal function of the brain and nervous system
Potassium	<ul style="list-style-type: none">• Potassium is an electrolyte (like sodium & magnesium)• Helps control blood pressure by preventing excess water retention
Selenium	<ul style="list-style-type: none">• Trace mineral, meaning we don't need much. But the small amount we need is very important:<ul style="list-style-type: none">○ Protects bone health○ Decreases thyroid antibodies in people with auto immune thyroid disease○ May reduce cancer risk
Antioxidant Astaxanthin	<ul style="list-style-type: none">• This is what gives salmon its red pigment• Lowers risk of heart disease by reducing oxidation of LDL ('bad' cholesterol) and increasing HDL ('good') cholesterol• Works with omega-3 to protect the brain and nervous system from inflammation• May prevent sun damage and keep skin looking younger

General Points:

- **Salmon & brain health**
 - Reduces symptoms of depression
 - Protects foetal brain
 - Decreases anxiety
 - Slow age related memory loss
 - Lowers risk of dementia
- **What about canned versus farmed versus wild caught?**
 - All are highly nutritious, however farmed is a lot high in omega 6 than wild caught.
 - Wild is higher in iron, potassium and zinc
 - Most fresh salmon is farmed, and are fed a processed diet to get them bigger quicker. This is why they are much higher in Omega 6 than wild caught.