

Canned Salmon... the Convenient Source of Important Protein!

From the Canned Salmon Institute

About Canned Salmon

Delicious canned salmon, from the icy waters of the great Pacific Northwest, is a convenience food that's rich in nutrients! The protein in salmon is complete...in the same food group as meat, poultry, cheese and eggs.

And when you use the whole can of salmon...including the liquid, bones and skin...you get the full benefit of the iodine, phosphorus, calcium, vitamin A, vitamin D, and the B-group vitamins.

Canned salmon is relatively low in calories, and because it contains polyunsaturated fat, it is an ideal food for people on a low cholesterol diet.

Canned salmon is available in the familiar 15-1/2 oz. tall cans, each containing two cups; in 7-3/4 ounce flat cans containing one cup; and the smaller 3-3/4 ounce cans.

Serve canned salmon often, just as it comes from the can, or use it as the basic ingredient in many easy and quick-to-prepare dishes such as those in this booklet.

Choose the choice Sockeye or Chinook salmon when color is important as in salads and appetizers. When mixed with other ingredients in casseroles, soups and sandwich fillings, the less expensive Pink or Chum salmon is ideal.

Hot or cold, served plain or fancy, canned salmon is a delicious, nutritious, convenient natural food, with nothing added but salt for flavoring.

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High in vitamins and minerals and free of cholesterol.

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