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and small children. Mercury-free sources of omega 3s include flax & chia seeds, walnuts & soybeans, all of which also contain healthy fiber

- cholesterol so limit portions to 3 oz no more than twice/week
 Salmon can contain mercury, dangerous for pregnant/nursing women
 - Salmon is higher in fat (56%) than it is in protein (44%) and contains
- Rich in anti-inflammatory omega 3 fats which can lower risk for heart disease, stroke, high blood pressure and dementia
- Very good source of vitamin D for building strong bones and B12 for nerve function, muscle contraction and energy production
 - Potential benefits of consuming 3 oz salmon 2x/week
 - 3 oz of baked salmon provides:

 175 Calories, 19 gm protein, 11 gm fat, 54 mg cholesterol, no fiber

Health Benefits of Salmon



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Eating

Healthy

High-protein salmon contains omega 3 fats that help reduce risk for chronic disease, and are important for fetus and adult brain health.

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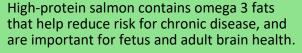
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