



Wild Alaska

SALMON



INCOMPARABLY RICH AND DELICIOUS; ALWAYS POPULAR

In the realm of seafood, wild Alaska Salmon is unmatched for its versatility and consumer appeal—the result of spending life swimming wild in the sea, and returning to spawn in the rivers where they were hatched. Alaska’s icy, pure waters and the abundance of natural food give Alaska Salmon unparalleled flavor.

HARVESTED SEASONALLY, AVAILABLE YEAR-ROUND

All Alaska Seafood is wild and pure, responsibly managed for continuing abundance. Harvested in the summer at the peak of its lifecycle, Alaska Salmon is available fresh in-season, or frozen year-round. There is also a limited amount of fresh Alaska King Salmon available year-round.

FIVE DIFFERENT SPECIES

- King (Chinook)
- Sockeye (Red)
- Coho (Silver)
- Keta (Chum)
- Pink

VERSATILITY AND VARIETY

The flavor of Alaska Salmon depends upon fat content and the environment in which it matured. All Alaska Salmon is versatile and delicious, making it an excellent choice for smoking, grilling, roasting, sautéing, or poaching.

SUSTAINABLY SOURCED

Alaska has pioneered the standard for sustainable, eco-friendly fisheries management. Unlike many of the world’s other fish populations, Alaska’s are managed for protection against overfishing and sources of habitat damage. By proactively ensuring a healthy, wild and sustainable harvest, Alaska is protecting its superior seafood for future generations.

The Alaska Seafood logo affirms your support for **SUSTAINABLE FISHERIES**.



Wild, Natural & Sustainable®

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For more information and promotional materials, visit the
Alaska Seafood Marketing Institute at alaskaseafood.org

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SALMON

KING SALMON



COMMON MARKET NAME(S):

- King · Chinook

SCIENTIFIC NAME:

- *Oncorhynchus tshawytscha*

HARVESTING SEASONS:

- Harvested year-round

SIZES:

- Whole fish average 20 lbs.; Range 4-40 lbs.
- Dressed/headed (H&G) graded: 4/7 lbs., 7/11 lbs., 11/18 lbs. and 18 lbs. up
- Portions and steaks typically sized: 4, 6, 8, 10, and 12 oz.

NUTRITION INFORMATION:

(Serving Size: 3.5 oz. or 100g Cooked, Edible Portion)

- Calories 230; Protein 26g; Fat 13g, Saturated Fat 3g; Sodium 60mg; Cholesterol 85mg; Omega-3 1700mg

HABITAT:

- A complex life cycle that spans a variety of freshwater and saltwater habitats
- They are hatched in inland streams and rivers, migrate to coastal estuaries, and then disperse into ocean waters to grow
- Once mature, they reverse their course, returning to freshwater to reproduce

HARVEST METHOD(S):

- Troll · Gillnet · Purse Seine

FOOD SAFETY:

- HACCP

ADDITIVES:

- None

PRODUCT FORMS:

- Fresh: dressed; dressed/headed (H&G); fillets, skin-on or skinless, pin-bone in or boneless; steaks
- Frozen: dressed/headed (H&G); fillets, skin-on or skinless, pin-bone in or boneless; steaks

PRODUCT PACKING:

- Fresh and frozen dressed/headed (H&G) fish 50, 80, and 100 lb. boxes
- IQF and vacuum packed frozen fillets, portions, and steaks 5 to 10 lb. cartons

FOOD SOURCE:

- Primarily feed on other fish

OTHER INFORMATION:

- The largest of the five species of Alaska Salmon with firm texture and succulent flavor

SOCKEYE SALMON



COMMON MARKET NAME(S):

- Sockeye · Red

SCIENTIFIC NAME:

- *Oncorhynchus nerka*

HARVESTING SEASONS:

- Harvested May through September

SIZES:

- Whole fish average 6 lbs.; Range 4-10 lbs.
- Dressed/headed (H&G) graded: 2/4 lbs., 4/6 lbs., 6/9 lbs.
- Fillets typically sized U/2 lbs., 2-3 lbs., 3-4 lbs.
- Portions: 4, 6, 8, 10 oz.

NUTRITION INFORMATION:

(Serving Size: 3.5 oz. or 100g Cooked, Edible Portion)

- Calories 220; Protein 27g; Fat 11g, Saturated Fat 2g; Sodium 65mg; Cholesterol 85mg; Omega-3 1200mg

HABITAT:

- A complex life cycle that spans a variety of freshwater and saltwater habitats
- They are hatched in inland streams and rivers, migrate to coastal estuaries, and then disperse into ocean waters to grow
- Once mature, they reverse their course, returning to freshwater to reproduce

HARVEST METHOD(S):

- Gillnet · Purse Seine

FOOD SAFETY:

- HACCP

ADDITIVES:

- None

PRODUCT FORMS:

- Fresh: dressed; dressed/headed (H&G); fillets, skin-on or skinless, pin-bone in or boneless; portions
- Frozen: dressed/headed (H&G); fillets, skin-on or skinless, pin-bone in or boneless; portions

PRODUCT PACKING:

- Fresh and frozen dressed/headed (H&G) fish 50-100 lbs. boxes
- IQF and vacuum packed frozen fillets and portions 5 to 22 lbs. cartons

FOOD SOURCE:

- Includes zooplankton and small adult fishes (such as sand lance), and occasionally squid

OTHER INFORMATION:

- Rich flavor, firm texture, deep red color

COHO SALMON



COMMON MARKET NAME(S):

- Coho · Silver

SCIENTIFIC NAME:

- *Oncorhynchus kisutch*

HARVESTING SEASONS:

- Harvested June through October

SIZES:

- Whole fish average 12 lbs., range 5-18 lbs.
- Dressed/headed (H&G) graded: 4 lbs., 4/6 lbs., 6/9 lbs. and 9/12 lbs.
- Portions: 4, 6, 8, and 10 oz.

NUTRITION INFORMATION:

(Serving Size: 3.5 oz. or 100g Cooked, Edible Portion)

- Calories 140; Protein 23g; Fat 4.5g, Saturated Fat 1g; Sodium 60mg; Cholesterol 55mg; Omega-3 1100mg

HABITAT:

- A complex life cycle that spans a variety of freshwater and saltwater habitats
- They are hatched in inland streams and rivers, migrate to coastal estuaries, and then disperse into ocean waters to grow
- Once mature, they reverse their course, returning to freshwater to reproduce

HARVEST METHOD(S):

- Troll · Gillnet · Purse Seine

FOOD SAFETY:

- HACCP

ADDITIVES:

- None

PRODUCT FORMS:

- Fresh: dressed; dressed/headed (H&G); fillets, skin-on or skinless, pin-bone in or boneless
- Frozen: dressed/headed (H&G); fillets, skin-on or skinless, pin-bone in or boneless

PRODUCT PACKING:

- Fresh and frozen dressed/headed (H&G) fish 50-100 lbs. boxes
- IQF and vacuum packed frozen fillets and portions 5-22 lbs. cartons

FOOD SOURCE:

- Includes zooplankton and small adult fishes, and occasionally squid

OTHER INFORMATION:

- Delicate flavor, firm orange-red flesh

KETA SALMON



COMMON MARKET NAME(S):

- Keta · Chum · Silverbrite

SCIENTIFIC NAME:

- *Oncorhynchus keta*

HARVESTING SEASONS:

- Harvested June through September

SIZES:

- Whole fish average 8 lbs., range 6-12 lbs.
- Dressed/headed (H&G) graded: 2/4 lbs., 4/6 lbs., 6/9 lbs. and 9/12 lbs.
- Portions/Steaks: 4, 6, 8, and 10 oz.

NUTRITION INFORMATION:

(Serving Size: 3.5 oz. or 100g Cooked, Edible Portion)

- Calories 155; Protein 26g; Fat 5g, Saturated Fat 1g; Sodium 65mg; Cholesterol 95mg; Omega-3 800mg

HABITAT:

- A complex life cycle that spans a variety of freshwater and saltwater habitats
- They are hatched in inland streams and rivers, migrate to coastal estuaries, and then disperse into ocean waters to grow
- Once mature, they reverse their course, returning to freshwater to reproduce

HARVEST METHOD(S):

- Gillnet · Purse Seine · Troll

FOOD SAFETY:

- HACCP

ADDITIVES:

- None

PRODUCT FORMS:

- Fresh: dressed; dressed/headed (H&G); fillets, skin-on or skinless, pin-bone in or boneless; steaks
- Frozen: dressed/headed (H&G); fillets, skin-on or skinless, pin-bone in or boneless; steaks

PRODUCT PACKING:

- Fresh and frozen dressed/headed (H&G) fish 50-100 lbs. boxes
- IQF and vacuum packed frozen fillets and portions 5-22 lbs. cartons

FOOD SOURCE:

- Includes zooplankton and small adult fishes, and occasionally squid

OTHER INFORMATION:

- Pink meat color, firm texture and mild flavor

PINK SALMON



COMMON MARKET NAME:

- Pink

SCIENTIFIC NAME:

- *Oncorhynchus gorbuscha*

HARVESTING SEASONS:

- Harvested June through September

SIZES:

- Whole fish average 2-3 lbs., range 2-6 lbs.
- Dressed/headed (H&G) graded: 2/5 lbs., 3/5 lbs., and 5 lbs. up
- Portions: 4, 6 and 8 oz.

NUTRITION INFORMATION:

(Serving Size: 3.5 oz. or 100g Cooked, Edible Portion)

- Calories 150; Protein 25g; Fat 4g, Saturated Fat 1g; Sodium 85mg; Cholesterol 65mg; Omega-3 1300mg

HABITAT:

- A complex life cycle that spans a variety of freshwater and saltwater habitats
- They are hatched in inland streams and rivers, migrate to coastal estuaries, and then disperse into ocean waters to grow
- Once mature, they reverse their course, returning to freshwater to reproduce

HARVEST METHOD(S):

- Purse Seine · Gillnet · Troll

FOOD SAFETY:

- HACCP

ADDITIVES:

- None

PRODUCT FORMS:

- Fresh: dressed; dressed/headed (H&G); fillets, skin-on or skinless, pin-bone in or boneless
- Frozen: dressed/headed (H&G); fillets, skin-on or skinless, pin-bone in or boneless; skinless-boneless fillet and mince blocks

PRODUCT PACKING:

- Fresh and frozen fish 50, 80, and 100 lb. boxes
- IQF and vacuum packed frozen fillets 5 to 10 lb. cartons
- Skinless boneless fillets and mince 16.5 lb. block

FOOD SOURCE:

- Generally feed on small crustaceans, zooplankton, swimming mollusks, and small fish

OTHER INFORMATION:

- Rosy pink-colored flesh, soft to medium texture, mild delicate flavor