



SEA HARVEST SEAFOOD LTD.

1-902-209-5077 WWW.SEAHARVESTSEAFOODS.COM



ABOUT PACIFIC SALMON

ONCORHYNCHUS

There are ten species of Pacific salmon, seven of which live in the waters of British Columbia: Sockeye, Chinook, Coho, Pink, Chum, Steelhead Trout. There are about 9000 salmon populations in BC waters. They spawn in freshwater streams, but live much of their lives in the ocean, where they gain 99% of their weight. They migrate up to 3000 km from the ocean to their spawning beds in their “home” stream. Pink salmon are the smallest and most plentiful species and Chinook are the largest (sometimes over 50 kilos) but least abundant.

PACIFIC SALMON. PURE.

Pacific salmon is fished commercially between May and October, depending on the fishery. They're fished with three gear types: seine, gillnet and troll. Licensed processors follow strict handling, grading, quality assurance and food safety practices to ensure that top quality is maintained for the consumer.

SUSTAINABILITY

The Pacific commercial salmon fishery works closely with Canada's Department of Fisheries and Oceans to manage wild salmon stocks and ensure sustainability.

PRODUCT TYPES

Pacific salmon, including Pinks, Chums, Sockeye and Coho, comes packaged in a wide selection of products and sizes, fresh, processed and frozen for consistent quality, including:

- Frozen HG & Fillets
- Sizes: 1-3 lbs, 2/4lbs, 4/6 lbs; 6/9 & +9lb (Sockeye & Kings are larger)
- Packed in Carton blocks & IQF Totes (roughly 1000-1200 lbs each)

NUTRITION FACTS

SERVING SIZE IS 200 GRAMS

CALORIES 304

FAT 10 G

SATURATED FAT 2 G

TRANS FAT 0 G

CHOLESTEROL 110 MG

SODIUM 180 MG

TOTAL CARBOHYDRATE 0 G

DIETARY FIBER 0 G

SUGAR 0 G

PROTEIN 50 G

REGION OF ORIGIN



SEA HARVEST SEAFOOD LTD. Halifax, Nova Scotia, Canada

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