

Tasmanian Atlantic Salmon: **Fast Facts**

Health

So what is a Superfood?

- ✓ A 'superfood' is a term used to describe foods that are naturally rich in a multiple number of essential vitamins and minerals, that studies have shown provide significant disease prevention benefits, beyond other foods.

Why are Omega-3 fatty acids so good for me?

- ✓ Considered 'essential' fatty acids, Omega-3s are important for good health, but unfortunately they can't be produced naturally by the body. Omega-3s need to be obtained from our food, and oily fish such as Tasmanian Atlantic Salmon is one of the best natural sources of Omega-3sⁱ.

Most Australians don't get enough Omega-3 fatty acids / fats from their diet and need to increase their intake of this important nutrient.

Omega-3s also form hormone-like substances that help reduce inflammation and blood flow, have been shown to be important for heart health, a healthy immune system and have also been shown to benefit conditions such as diabetes, certain cancers, childhood asthma, obesity, rheumatoid arthritis and depressionⁱⁱ.

Omega-3 fatty acids are essential for brain development and function, and are the main building blocks for cells in the eye, making them crucial for visual development. They have also been linked to skin care and the maintenance of a healthy complexion.

Is all salmon Tasmanian Atlantic Salmon?

- ✓ There are other species of salmon, which are farmed throughout the world. Tasmanian Atlantic Salmon makes up approximately 1.5 per cent of the world's salmon production. While the Tasmanian Atlantic Salmon industry is small in comparison to the world's salmon production, it enjoys an international reputation for its superior quality.

There are other varieties of salmon available in Australia, however, Tasmanian Atlantic Salmon is said to have the best taste and texture for cooking and is preferred by most chefs and restaurants.

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Why should I eat Tasmanian Atlantic Salmon?

- ✓ Tasmanian Atlantic Salmon is one of the richest naturally occurring sources of Omega-3 fatty acids (which are highly beneficial to brain development, healthy skin and hair, and can help in prevention and improvement of conditions such as coronary heart disease, high blood pressure, rheumatoid arthritis and depression), and it also contains vitamin A, a range of B vitamins, vitamin D as well as the minerals calcium, copper, iron, magnesium phosphorus, potassium, selenium and zinc – all of which are vital ingredients for a healthy dietⁱⁱ.

Secondly, Tasmanian Atlantic Salmon is both delicious and extremely easy to cook. For some Super-Easy ideas refer to the recipe page of www.tasmaniansalmon.com.au

Thirdly, you are supporting a great Australian industry and enjoying the freshest salmon available because it is grown locally.

How much Tasmanian Atlantic Salmon should I eat each week?

- ✓ The Australian Dietary Guidelines advise we eat one or two fish-based meals per week, for a healthy, balanced diet. Tasmanian **Atlantic** Salmon is certainly one of the best fish to include in your diet because it is so rich in nutrients.

Can I eat Tasmanian Atlantic Salmon when I am pregnant?

- ✓ The risk of mercury has many women concerned about seafood consumption, and this needs to be put into perspective.

Food Standards Australia New Zealand (FSANZ) reports in its fact sheet, *Fish Consumption During Pregnancy*, that Tasmanian Atlantic Salmon does not pose a mercury risk and can be enjoyed two to three times a week. In fact, it was noted that Tasmanian Atlantic Salmon is a highly nutritious food, an excellent source of high quality protein, rich in important vitamins and minerals, as well as the Omega-3 fatty acids offering a wealth of nutrients for mother and baby^{iv}. The benefits of consumption far outweigh any perceived risk.

For further information about mercury in fish go to www.foodstandards.gov.au/_srcfiles/brochure_mercury_in_fish_0304v2.pdf

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I know what Omega-3s can do for me, but what about the other vitamins and minerals found in Tasmanian Atlantic Salmon?

- ✓ In addition to being an excellent source of Omega-3 fatty acids, Tasmanian Atlantic Salmon is also full of vitamins and minerals, including vitamin A, a range of B vitamins, a number of important antioxidants, vitamin D as well as the minerals calcium, copper, iron, magnesium phosphorus, potassium, selenium and zinc – all of which are vital ingredients for a healthy, balanced diet.

Is Tasmanian Atlantic Salmon a good source of protein?

- ✓ Tasmanian Atlantic Salmon is an excellent source of high quality protein, providing similar amounts of protein as other animal protein foods such as lean beef, chicken or pork. Tasmanian Atlantic Salmon has the added benefit of significantly higher levels of Omega-3 fats than these protein sources, and an average serve of Tasmanian Atlantic Salmon (100-150 grams), provides about one third of an adult's daily requirement for protein.

How does protein work to curb my appetite?

- ✓ Protein rich foods can help to curb hunger cravings as they work to help make you feel fuller for longer.

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Versatility

Isn't Tasmanian Atlantic Salmon difficult to prepare?

- ✓ Despite what people may think, Tasmanian Atlantic Salmon can be used just as easily as other protein foods. Suitable for everything from barbeques to pastas and stir-fries, there are many recipe suggestions using Tasmanian Atlantic Salmon, that are both quick and easy to prepare. These are found on the recipe pages of www.tasmaniansalmon.com.au

Where do I find easy recipes using Tasmanian Atlantic Salmon?

- ✓ You can find some great healthy Tasmanian Atlantic Salmon recipe ideas in the recipe section of www.tasmaniansalmon.com.au

My children don't like other seafood - do you think they'll like Tasmanian Atlantic Salmon?

- ✓ Tasmanian Atlantic Salmon is one of Australia's most delicious, visually appealing and versatile fish varieties, so there are plenty of easy and healthy recipes that you can try that should impress children.

For recipes like Smoked Tasmanian Atlantic Salmon Pizza with Tomato and Fresh Mozzarella and Asian Tasmanian Atlantic Salmon Patties with Mango and Lime Salsa, visit the recipe section of www.tasmaniansalmon.com.au

How do I get my children to eat Tasmanian Atlantic Salmon?

- ✓ The key to getting your children to eat healthy food such as Tasmanian Atlantic Salmon is all in the way the meal is presented. Recipe ideas such as Teriyaki Salmon Skewers or Pasta Shells with Smoked Tasmanian Atlantic Salmon, Feta and Roast Sweet Potato will ensure plates are left clean at the end of each meal! For further recipes ideas, visit the recipe section of www.tasmaniansalmon.com.au

What are the five easiest ways to cook Tasmanian Atlantic Salmon?

- ✓ Tasmanian Atlantic Salmon can be prepared just like chicken or beef. Bake it with vegetables, throw it on the barbeque, boil it in a tasty broth, steam it and toss through a salad or grill it just like a steak – Tasmanian Atlantic Salmon is completely versatile.

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Value

What is the right portion size for me and my family?

- ✓ An average serving size of Tasmanian Atlantic Salmon is approximately 100-150 grams, but the portions sold in the shops are often as large as 220 grams. Larger portions can be cut in half and shared between two people. In fact some cutlets are large enough to feed an average family.

When preparing Tasmanian Atlantic Salmon as part of a Salmon recipe such as Salmon and Avocado Pasta or Salmon and Rocket Risotto, you can allow for smaller portions of 75-100 grams per person.

How much does Tasmanian Atlantic Salmon cost per portion?

- ✓ A 220 gram piece of Tasmanian Atlantic Salmon can be purchased for approximately \$7.00, however the recommended serving size is about half of this. A suggestion is to buy one of these pieces and share between two people

Does Tasmanian Atlantic Salmon have bones?

- ✓ If you are looking for boneless Tasmanian Atlantic Salmon, purchase fillets – these are usually boneless.

Can I buy a whole Tasmanian Atlantic Salmon?

What different cuts does it come in?

- ✓ Fresh Tasmanian Atlantic Salmon comes in many different cuts, making it easy to choose what best suits your recipe or lifestyle. The four main cuts to choose from include:
 - **Dressed:** The gills and insides are removed
 - **Pan dressed:** The head, tail, fins and scales are removed and the Tasmanian Atlantic Salmon is ready to cook
 - **Cutlets:** Cross-section slices of Tasmanian Atlantic Salmon, which are ready to cook. Cutlets have skin and a centre bone.
 - **Fillets:** Pieces cut from the sides of the fish, usually boneless and often skinless. These sides are ready to cook or to cut into cubes or slices



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Taste

How do I know what good quality Salmon looks like?

- ✓ Choosing quality seafood can often seem daunting, however these simple guidelines should ensure that quality produce is chosen every time:
 - When choosing a whole fish, look at the eyes of the Salmon, they should be bright and clear, and the skin should be moist
 - Salmon fillets and steak should have a fresh-cut and moist appearance, with no browning around the edges. Gently press the flesh of Salmon to make sure it springs back slightly
 - It's important to check how the fish smells. Fresh Tasmanian Atlantic Salmon, like all fresh fish, should have a pleasant fresh sea smell.

Why Tasmanian Atlantic Salmon?

- ✓ Grown right here within Australia, Tasmanian Atlantic Salmon comes from one of the most pristine environments in the world. Australia's 'apple-isle' is renowned for its cool, clean waters – a perfect location for Salmon farming – making it not only world-class quality but also fresher than imported Atlantic Salmon.

i CSIRO: Marine Research-Omega Oils in Australian Seafood.

ii Fisheries, Research and Development Corporation (FRDC), What's so Healthy about Seafood?

iii Fisheries, Research and Development Corporation (FRDC), What's so Healthy about Seafood?

iv Food Standards Australia New Zealand (FSANZ), Fish Consumption during Pregnancy, 2004.

v Fisheries, Research and Development Corporation (FRDC), What's so Healthy about Seafood?

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