



## SUPERFOOD SALMON

- Farmed salmon is an excellent source of essential nutrients. Salmon is regarded as a 'superfood' – a nutrient-rich food that is beneficial for health and wellbeing.
- The superfood status is a result of salmon containing large amounts of omega-3 fatty acids (commonly called omega-3 DHA) and being high in protein and low in saturated fat and calories. Omega-3 cannot be produced naturally by the human body and must be obtained by food.
- There are four main types of fats – two are healthy (monounsaturated and polyunsaturated) and two are unhealthy (saturated and trans fats). Animal based proteins contain a mixture of all types of fat but salmon contains a high level of healthy fats and low levels of unhealthy fats.
- Omega 3 and omega-6 are polyunsaturated fats that both play an important role in the functioning of healthy bodies. Salmon, including farmed salmon, contains [good levels of omega-3](#).
- An [Australian Heart Foundation clinical review](#) found higher fish intake was consistently associated with lower rates of sudden cardiac death, stroke, heart failure and myocardial infarction (heart attack). According to the [Harvard Nutrition Source](#), omega-3's have been shown to help prevent heart disease and stroke, help control lupus, eczema, and rheumatoid arthritis, and may play protective roles in cancer and other conditions.
- A diet rich in omega-3 has also been found to [assist brain development and function](#). The human brain is 60 per cent structural fat and needs the right kind of fat (omega-3s) to make sure that signals are passed quickly and easily between the membranes of the brain cells.
- Salmon is also rich in high-quality protein (another essential nutrient to help the body heal after injury, protect bone health and maintain muscle mass), an excellent source of several vitamins (D, B6, B12 needed for energy production, controlling inflammation and protecting heart health) and a good source of Potassium.
- The [Heart Foundation recommends](#) all Australians should include 2–3 serves of fish (including oily fish) per week as part of a heart-healthy diet. This provides around 250–500 mg of marine-sourced omega-3s per day.
- A 100g portion of fresh Huon Salmon contains 1,400mg of omega-3 – as per the Nutritional Information Panels. By way of comparison, 6 oysters contain 370mg of omega-3, while one serving of grass-fed sirloin steak contains 60mg (Source – The Heart Foundation).
- The omega-3 content in farmed salmon is around three-four times more than the average for 300 species of wild Australian fish (average wild fish contains 250mg/100g) (2014 research by CSIRO - <https://publications.csiro.au/publications/publication/PIcsi:EP1312974>).
- Pregnant women are recommended to eat oily fresh fish, including salmon, because of the levels of omega-3 DHA contained. Consuming smoked salmon is not recommended for pregnant women.



## NUTRITIONAL PROFILE OF HUON SALMON

- [Food Standards Australia New Zealand \(FSANZ\)](#) requires all packaged food to include a Nutritional Information Panel and food producers are regularly audited for compliance.
- Schedule 4 of the code relates to the requirements Huon must undertake to validate nutritional claims on our packaging - our products' nutritional information is tested annually by an external NATA accredited laboratory, and every product includes Nutritional Information Panels on the packaging.
- To ensure consistency and accuracy, samples sent for testing include a composite of 5 samples (for example: 5 packs of Huon Skin On 280g will be combined into one testing sample).
- Due to the natural seasonal variation of salmon, it is common to see variations in fat values, which is why Huon conducts testing on multiple samples throughout the year, to collect an up-to-date and representative data set. Due to the known variation in fat throughout a whole fish, the global industry has adopted what is known as the NQC (Norwegian Quality Cut); an area of the fish that provides an average of the whole fillet. Salmon contain more fat around certain areas (ie head) which is why the cut of the flesh being tested is critically important.
- Due to the natural variation of the fish, Huon use an average of the past three years nutritional testing results for our Nutritional Information Panels on the labels of our products. The data in the nutrition panel also states that all results are 'Averages' and not absolute values.

## ALLERGENS

- All Huon raw products are free from all declared allergens other than fish.
- At our processing sites, we use a range of allergens as part of marinades and pre-mix ingredients. In all cases these are stored and applied (to the product) in rooms that are physically separated from processing areas, using dedicated staff and equipment.
- Our processing sites are analysed against the Voluntary Incidental Trace Allergen Labelling (VITAL) program. The VITAL program was developed by the Australian Allergen Bureau to provide industry guidance and resources to assist with food allergen management, labelling, identifying potential allergens in our product, and determining whether and how they should be declared.
- Our VITAL assessments all conclude there is no risk of cross contamination for any raw product produced – as a result there is no need to add cautionary statements to our labelling warning consumers of the potential for cross contamination.

## REFERENCES

- CSIRO Research – [Omega Oils in Australian Seafood and NHMRC Recommended Dietary Intakes](#)
- The Heart Foundation ([www.heartfoundation.org.au](http://www.heartfoundation.org.au)) – search for “salmon” has numerous statements on the health benefits of eating salmon.
- [This is the healthiest fish to eat, according to experts - CNN](#)
- [Food Standards Australia New Zealand www.foodstandards.gov.au](http://www.foodstandards.gov.au)
- Media on [University of Stirling Nutritional Analysis](#)
- [The Nutrition Source, Harvard School of Public Health](#)

