

FRESH FROM THE BIG LAKE TO YOUR PLATE

Improve your health with Lake Superior Fish



Lake Superior is the greatest of the Great Lakes and supplies your table with delectable and heart healthy (omega-3 oil) fish from its cold clear waters.

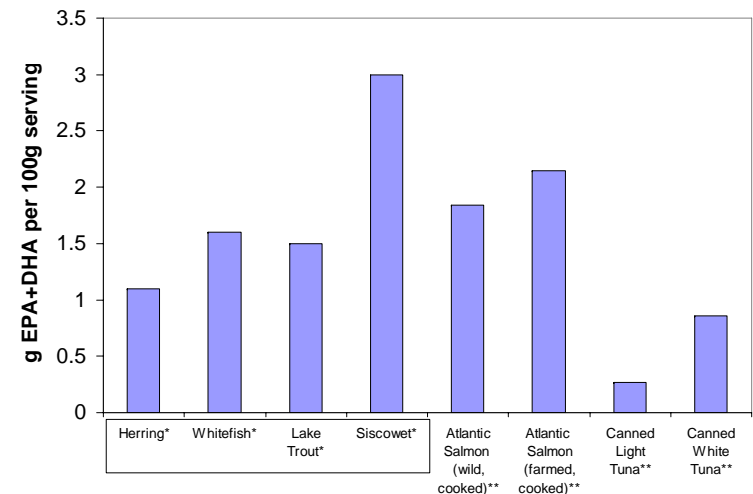
Nutrition Facts	8 oz serving (224 grams)
Calories	300
Total Fat (grams)	13
Saturated Fat (grams)	2
Cholesterol (mg)	134
Sodium (mg)	114
Total Carbohydrate (grams)	0
Dietary fiber (grams)	0
Sugar (grams)	0
Protein (grams)	43



Omega 3 oils in Lake Superior Fish:

- The primary benefit of N-3 fish oil is the reduction of platelet activity (blood clotting) and plaque formation which in turn can prevent heart attacks.”
- Many Lake Superior fish species (i.e. siscowet trout, lake trout, whitefish, herring, and chubs) provide significant sources of N-3 fish oil.
- The omega-3 content of Lake Superior fish are higher than chinook salmon, which is one of the best saltwater sources of omega 3.

Fish Oil and Your Health and *Omega-3 Fatty Acid Content of Lake Superior Fish*, Dr. Paul B. Addis



Lake Superior fish ↗

For more information see
www.lakesuperiorwhitefish.com
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