

Oncorhynchus mykiss All American – grown and raised in the USA High in protein and rich with Omega-3 heart healthy acids

Serving the ocean since 1941

# ColumbiaRiver Steelhead

### Available Packaging

Item Description	Size	Packaging	Green Shield	Styro
Steelhead Dressed	9	50 lb	124457	
Steelhead Fillet D-Trim	1-3 lb	10 lb	124583	124111
Steelhead Fillet D-Trim	1-3 lb	35 lb	124148	124511



### Seasonal Availablity

Good Better

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Best

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Fresh Promotional Time

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# Pacific Aquaculture

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## Heart Healthy Benefits

Columbia River Steelhead are naturally high in protein content, antioxidants and omega-3 fatty acids. The American Heart Association recommends regular consumption of salmon to help maintain a healthy heart, control blood pressure and prevent strokes

Omega-3 Comparisons with other fish per 4 oz raw serving

Columbia River Steelhead 3277mg Atlantic salmon 2426mg King salmon 1963mg Sockeye 1390mg

### **Features and Benefits**

- All-American, raised in the USA
- Grown on the Colville Nation on the mighty Columbia River
- Deep skinned with bright red flesh
- Shorter distance from the farm to store means increased shelf life
- Reduced carbon footprint
- Available year-round
- All natural feed

# PacificSeafood.

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