

Eat Salmon

Salmon is a go to fish source for me. I have it once a week at least. According to healthline.com it is one of the most nutritionally dense foods on the planet. One of the reasons it is loaded with Omega 3 fatty acids. These fats are extremely important for optimal functioning. They're linked to improved well-being and a lower risk of many serious diseases ([research](#)). Besides these important fats they are loaded with lots of high quality animal protein and ample vitamins and minerals, including large amounts of magnesium, potassium, selenium, and B vitamins. I think it is delicious.

Other important nutrients: A 100-gram serving of wild Atlantic salmon contains about 2.2 grams of omega-3s, which is very high from a food source. It's a good idea to eat fatty fish at least once or twice a week to get all the omega-3s your body needs. Many authorities suggest that if you can, choose wild salmon instead of farmed. It is more nutritious, has a better omega-6 to omega-3 ratio, and is less likely to contain contaminants ([Article](#)).



Nutrition Facts	
Serving Size	3 oz
Amount Per Serving	
Calories	121
% Daily Values*	
Total Fat 5.39g	7%
Saturated Fat 0.834g	4%
Trans Fat -	
Polyunsaturated Fat 2.158g	
Monounsaturated Fat 1.758g	
Cholesterol 47mg	16%
Sodium 37mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars -	
Protein 16.85g	
Vitamin D -	
Calcium 10mg	1%
Iron 0.68mg	4%
Potassium 416mg	9%
Vitamin A 10mcg	1%
Vitamin C 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.