

Canned Salmon

CREATE
HEALTHY CHOICES



- ½ cup of salmon has about 18 grams of protein.
- High in vitamin D, which is important for teeth and bone health.
- Top salads, eggs, or roasted potatoes with canned salmon. Or use it in place of tuna fish for a new flavor.

CREATE SNAP-ED
BETTER HEALTH

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU's non-discrimination notice, see <https://www.usu.edu/equity/non-discrimination>.

Extension
UtahStateUniversity



Canned Salmon

CREATE
HEALTHY CHOICES



- ½ cup of salmon has about 18 grams of protein.
- High in vitamin D, which is important for teeth and bone health.
- Top salads, eggs, or roasted potatoes with canned salmon. Or use it in place of tuna fish for a new flavor.

CREATE SNAP-ED
BETTER HEALTH

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU's non-discrimination notice, see <https://www.usu.edu/equity/non-discrimination>.

Extension
UtahStateUniversity

