



Scottish Quality
Salmon
at the heart
of healthy
living

A source of the essential Omega 3 fatty acids

fresh from the loch

Scottish Quality Salmon - farmed in the Highlands and Islands of Scotland

A tasty source of the essential Omega 3 fatty acids

Scottish Quality Salmon is a delicious and highly nutritious food containing protein, vitamin A, a range of B vitamins as well as the minerals calcium, copper, iron, magnesium, manganese, phosphorus, potassium, selenium, sodium and zinc – all of which are vital ingredients for a healthy balanced diet.

Scottish Quality Salmon is also one of the major sources of the essential Omega 3 fatty acids. Scientific evidence has shown that an increase in consumption of oil-rich fish such as salmon can help to

- ✓ ensure a healthy pregnancy for mother and child
- ✓ maintain a healthy heart by reducing the chances of developing coronary heart disease
- ✓ reduce high blood pressure, inflammatory disorders such as arthritis, autoimmune disease as well as improve kidney function in some people
- ✓ maintain healthy skin and especially can help to improve psoriasis



Happy healthy babies

Omega 3 fatty acids are also essential to ensure healthy growth and development in unborn and newly born babies and toddlers - in particular for optimum brain and vision development. So if you are pregnant or if you are breast

feeding you should include oil-rich fish such as salmon as part of your diet - in short, Grandmother's tale that fish is good for the brain has gained scientific backing!



How much Omega 3 fatty acids should we consume?

The British Nutrition Foundation recommends we consume about 2.85g per day of Omega 3 fatty acids; however, since the 1940s fish consumption in the UK – especially the consumption of oil-rich fish – has been falling and now actual average intakes of Omega 3 fatty acids are only about 1.8g per day in the UK.

So, the UK Government as well as nutritionists recommend we increase our consumption of oil-rich fish; and the Food Standards Agency's current advice is that we should eat two portions of fish a week, one of which is oil-rich fish, in order to maintain a healthy balanced diet.

For more information on the importance of the essential Omega 3 fatty acids in your diet visit www.scottishsalmon.co.uk/healthyeating.



essential salmon recipes - **peppered salmon & fusilli pasta salad with basil oil**

Great for the family and easy to cook

Salmon is an ideal healthy food for both children and adults alike. It's really versatile too, so there's no need to prepare separate meals for your family – look for boneless cuts for a child-friendly option. Baked, poached, grilled, steamed, fried, microwaved or barbecued there's an almost never-ending variety of ways to cook salmon. So get on line at www.scottishsalmon.co.uk/recipes for loads of healthy, quick and easy ideas for preparing salmon at home.

Serves 4

Preparation /cooking time: 25 minutes

340g (3/4lb) Scottish Quality Salmon fillet

Freshly ground black pepper

450g (1lb) fusilli pasta (cooked)

450g (1lb) tomatoes (chopped)

110g (4oz) green beans (cooked)

Handful of fresh basil (chopped)

1/4 pint olive oil

Parmesan, shavings to garnish

Spring parsley for garnish

Handful of black olives

- 1 Season the salmon with freshly ground black pepper.
- 2 Place under a hot grill for 5-10 minutes until cooked.
- 3 When cool, flake the salmon and mix with the cooked fusilli.
- 4 Add the chopped tomatoes, green beans and lots of chopped basil.
- 5 Season and drizzle with olive oil, mix thoroughly.
- 6 Garnish with shavings of parmesan, spring parsley and black olives.

Nutrition

Fat content: 43.1g

Carbohydrate (energy): 25.3g

Kilocalorie: 571, Fibre: 3g

All values are for one serving using listed ingredients



essential salmon recipes - smoked salmon & guacamole salad

Serves 4

Preparation and cooking time: 10 minutes

12 slices (200g) smoked Scottish Quality Salmon

4 ripe avocados, medium sized

4 tbsp of water

4 cloves of garlic, crushed

4 tbsp of olive oil

3-4 ripe tomatoes, deseeded

1 cucumber, chopped into cubes

1 packet of salad leaves

2 whole lemons, cut in half

Salt and pepper to season

- 1 To make the guacamole, peel the avocados, remove the stones, cut into quarters and place in the blender with the water, garlic and olive oil.
- 2 Blend until a pureé is formed.
- 3 Add the tomatoes and cucumber to the pureé.
- 4 Place some salad leaves on a plate.
- 5 Place three slices of smoked salmon around the leaves. Carefully spoon the guacamole into the centre and drizzle with a little olive oil and seasoning.
- 6 Garnish each plate with half a lemon.

Nutrition

Fat content: 41.1g

Carbohydrate (energy): 8.8g

Kilocalorie: 473

All values are for one serving using listed ingredients.



For lots more of healthy, quick and easy ideas for preparing salmon at home log onto - www.scottishsalmon.co.uk/recipes



Europe and Scotland
making it **work together**

Scottish Quality Salmon, Durn, Isla Road, PERTH, PH2 7HG

Tel: 01738 587 000 Fax: 01738 621 454 Email: enquiries@scottishsalmon.co.uk Website: www.scottishsalmon.co.uk