

Lets talk SUPER FOODS! Isn't SALMON incredible? Many of you know it looks and tastes great, but do you also know why it's SO HEALTHY for you? Well, read on to learn more.

Three ounces (about 85g) of cooked wild Atlantic salmon* has 155 calories, 21.6g protein, 6.9g of fat, and no carbohydrates, fiber, or sugar. Salmon is an excellent source of vitamin B12, selenium, and vitamin D, and a good source of vitamin B3 (niacin) and phosphorus. More details are available in the comments below.

Vitamin B12 helps form and maintain healthy nerve cells, red blood cells, and DNA synthesis. It's the only vitamin that is almost exclusively found in animal foods.

Vitamin D is actually a group of prohormones, which have a number of important jobs in the body. These include helping the body absorb calcium, helping with immune system function, regulating glucose tolerance, and helping to regulate blood pressure. Vitamin D is the only vitamin that can be obtained through the sun. You can also get vitamin D by eating egg yolks and oily fishes.

Selenium is an essential mineral that must be obtained through food. Among its various roles, selenium works with other nutrients to create antioxidant balance in our body's cells.

Vitamin B3, also known as niacin, has several functions in the body, including assisting with DNA repair, facilitating cellular signaling, and helping to control cholesterol levels.

Phosphorus is an essential mineral the body can only obtain through food. Every cell in the body requires phosphorus. Some of its important functions include assisting with bone formation, energy transfer, hormone production, cell signaling, and more.

Source: <https://www.precisionnutrition.com/encyclopedia/food/salmon> 4/29/2020

