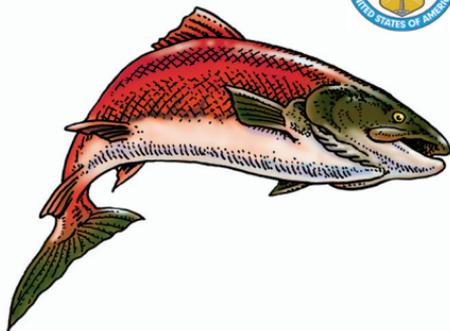


Sockeye salmon

Fish Watch *U.S. Seafood Facts*



Sockeye salmon populations are variable; some are estimated to be healthy and others very low. No overfishing is occurring.

Of the seven distinct populations of sockeye salmon, one is listed under the Endangered Species Act as endangered, and one is listed as threatened.

Sockeye salmon is low in sodium and is a good source of omega-3 fatty acids, and a very good source of protein, niacin, vitamin B12, and selenium.

Almost 100% of the sockeye salmon bought in the U.S. is from healthy stocks harvested by U.S. fisheries.

Get the facts
fishwatch.noaa.gov