

Chinook Salmon can travel 3,500 miles from ocean to river.

Some salmon can jump almost 6 ½ feet and they can swim upstream!



#### NUTRIENTS FOUND IN SALMON

- ~ Salmon is an excellent source of phosphorus, a mineral found in every cell in the body.
- ~ Salmon is rich in vitamin B6, which helps your body's immune system.
- ~ Your body needs vitamin B12 to make red blood cells. Salmon is an excellent source of this vitamin.
- ~ Salmon is also an excellent source of vitamin D, something your body needs to help absorb calcium and build strong bones.
- ~ Omega-3 fatty acids are found in salmon. This essential nutrient helps blood clot and boosts brain function.
- ~ Eating 8 ounces of seafood a week can help prevent heart disease!

There are seven species of salmon in Oregon.



Salmon are born in freshwater, migrate to the sea as adults, and then return to freshwater to reproduce.



Although most Chinook salmon weigh about 30 pounds, the heaviest was recorded at 126 pounds!



Salmon play an important role in the culture, diet, economy and religion of several Northwest Tribes.

