

Salmon Swaps

We use frozen, wild-caught salmon (such as Great Value Salmon from Walmart) because it balances cost, nutrition, and convenience, making it a practical choice for everyday cooking. However, you can choose another option. Here are a few swaps and how they differ:



Similar Swaps

*These options are the closest to what we use both nutritionally and taste wise. Individual brands can vary.

No Cook!



CANNED

Similar protein, slightly lower fat if drained, shelf-stable, convenient, may include bones for calcium



FROZEN BURGER

Similar protein and omega-3s as salmon fillets, quick, convenient, easier to cook

Wild Caught

Leaner, slightly lower calories and fat than farmed, higher in natural omega-3s, minimally processed

Sustainably sourced / MSC certified

Fish caught or farmed in ways that minimize environmental impact, ensures populations are not overfished



Just A Note:



Other Options

*These options have more nutritional differences but can still be used as a swap! Individual brands can vary.



TILAPIA

more mild-flavored white fish, lower in fat and omega-3s than salmon, more affordable



SHRIMP

Similar protein, lower in fat and omega-3s, quicker cooking, slightly sweet flavor



GROUND MEAT

Similar protein, lower fat, no omega-3s, versatile for cooking

No Cook!



TUNA

Similar protein, lower fat and omega-3s than salmon, convenient and shelf-stable

Meatless!



PLANT BASED

Brands like Good Catch, Sophie's Kitchen, or Gardein offer plant-based fish-style fillets; mimic flavor and texture, usually lower in omega-3s unless fortified, lower in protein, higher calories and carbs

Meatless!



TEMPEH

Fermented soy, more nutty flavor, slightly lower protein, high in fiber

Meatless!



TOFU

Lower in protein, very low fat, neutral flavor

Salmon Fact Sheet



Calories	Fat	Protein	Carbs	Fiber	Cost
130	4.5	23	0	0	1.3

- **Vitamin D** (about 60% DV per serving) helps your body absorb calcium, **keeps bones strong**, supports immune function and plays a role in mood regulation and muscle function.
- **EPA & DHA** are special omega-3 fats found mainly in fatty fish (much higher than amounts in nuts, seeds, eggs, or chicken) supporting heart health, reduce inflammation, and help your brain and nervous system function smoothly.
- Fish is suggested **2x weekly** for heart, brain, and nervous system health.
- Contains astaxanthin, a **powerful antioxidant** that gives the fish its pink color and helps protect cells from oxidative stress.
- Provides vitamin D, protein, and phosphorus – a trio that works together to keep bones strong.
- Can be more **costly** than other proteins



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