

# FRESH FROM THE ARCTIC CIRCLE



## RESPONSIBLE AQUACULTURE FEEDS THE WORLD

Kvarøy (say “Kwa-ray”) is a postcard-pretty Norwegian island located on the Arctic Circle. It was here back in 1976 that Alf Olsen and his son Geir founded Kvarøy Arctic. Today, our now third-generation family-run business is driven by the same goal set by our grandfather—“to provide salmon of very high quality, without compromising either the environment or the welfare of the fish.”

Kvarøy Arctic is redefining the salmon-farming industry through innovation and deep concern for the future of the fish we raise and the waters we live on. We helped develop the non-GMO food we provide our salmon. This has resulted in an omega-3 content that is twice as much as other farmed salmon, and a highly sustainable fish-in/fish-out ratio of 0.48 to 1.



# GOOD FOR THE PLANET



# GREAT ON THE PLATE

The flavor of Kvarøy Arctic salmon is informed by our breathtaking location. Fish have a merroir that reflects the waters in which they are raised. These waters are Arctic cool and clear, with a deep-fjord current that keeps the water fresh and helps exercise the salmon, reducing fat levels and giving this beautiful fish a pristine, clean flavor. Crisp and bright like our waters, with a slight brininess of the sea.



GLOBAL.G.A.P.



## Nutrition Facts

Serving size 1 (100g)

Amount Per Serving

**Calories 290**

% Daily Value\*

**Total Fat 10g 13%**

Saturated Fat 2.77g 14%

Trans Fat 0g

Polyunsaturated Fat 7.77g

Monounsaturated Fat 10.78g

**Cholesterol 55mg 18%**

**Sodium 35mg 2%**

**Total Carbohydrate 0g 0%**

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Sugar Alcohol 0g

**Protein 20g 40%**

Vitamin D 17mcg 80%

Calcium 4.9mg 0%

Iron 0.3mg 2%

Potassium 384mg 8%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.