

# Try it Today!

## Grilled Salmon

Salmon is one of the few animals that can live in both salt and fresh water. High in omega-3 fatty acids, which improves heart health, lowers triglycerides and helps reduce depression. Selenium, a mineral found in salmon, has a defense action against colon, prostate, and breast cancer.

Consuming salmon can prevent/control high blood pressure and is a great source of protein, vitamin D, and calcium!

Some salmon can grow to 100lbs but the majority of them only reach 50lbs.



Oswego  
Dining