

swedish fish nutrition info

swedish fish nutrition info provides valuable insight into the composition and dietary impact of this popular chewy candy. Understanding the nutritional content of Swedish Fish helps consumers make informed choices about their candy consumption, especially in relation to sugar intake, calorie count, and ingredient quality. This article explores the detailed nutrition facts of Swedish Fish, including calories, macronutrients, vitamins, and minerals. Additionally, it discusses potential health considerations, ingredient analysis, and comparisons with other gummy candies. For those mindful of dietary restrictions or looking to balance indulgence with health, this guide offers comprehensive information on Swedish Fish nutrition info. The following sections will cover the nutritional breakdown, ingredient details, health implications, and practical consumption tips.

- Nutrition Breakdown of Swedish Fish
- Ingredients and Their Nutritional Roles
- Health Considerations and Dietary Impact
- Comparison with Other Gummy Candies
- Practical Tips for Consuming Swedish Fish

Nutrition Breakdown of Swedish Fish

Analyzing the nutrition breakdown of Swedish Fish offers a clear perspective on the caloric and nutrient content per serving. Typically, Swedish Fish are categorized as gummy candies made primarily from sugars and starches, which influence their macronutrient profile. The nutrition facts label provides essential data such as calories, fats, carbohydrates, proteins, and sodium levels.

Caloric Content

Swedish Fish generally contain approximately 140 calories per serving, which is usually about 4 pieces or 40 grams. These calories mainly come from sugars and carbohydrates, as Swedish Fish contain negligible fat and protein. The calorie count makes Swedish Fish an energy-dense treat that should be consumed in moderation.

Macronutrients

The macronutrient profile of Swedish Fish is predominantly carbohydrates, with sugars being the most significant component. A typical serving includes about 34 grams of total carbohydrates, of which around 23-25 grams are added sugars. Fat content is minimal, often less than 1 gram, and protein is nearly absent due to the candy's composition.

Sodium and Other Nutrients

Swedish Fish contain a small amount of sodium, usually around 25 milligrams per serving, which is relatively low compared to other snack foods. The candy does not provide significant amounts of vitamins or minerals, classifying it as a source of empty calories without substantial micronutrient benefits.

Ingredients and Their Nutritional Roles

Understanding the ingredients in Swedish Fish clarifies their nutritional impact and potential effects on health. The candy's formulation includes various components that contribute to texture, flavor, and preservation.

Key Ingredients

The primary ingredients in Swedish Fish are:

- **Sugar:** The main source of calories and sweetness, sugar contributes to the candy's high carbohydrate content.
- **Corn Syrup:** Adds sweetness, moisture, and chewiness while increasing total sugar content.
- **Modified Corn Starch:** Provides structure and the characteristic gummy texture.
- **Citric Acid:** Enhances flavor by adding tartness and acts as a preservative.
- **Artificial Flavors and Colors:** Used to create the distinctive taste and appearance; these have no nutritional value.

Impact of Ingredients on Nutrition

The high sugar and corn syrup content make Swedish Fish a source of simple carbohydrates that can quickly raise blood sugar levels. The lack of dietary fiber and protein means the candy offers little satiety or nutritional benefit beyond energy. Modified corn starch is a carbohydrate but does not provide fiber or significant nutrients.

Health Considerations and Dietary Impact

Swedish Fish nutrition info is crucial for understanding how this candy fits into a balanced diet and its potential health effects. While enjoyable as an occasional treat, regular consumption may impact health due to its sugar content.

Effects of High Sugar Consumption

Consuming large amounts of sugary candies like Swedish Fish can contribute to various health concerns, including:

- Increased risk of dental cavities due to sugar's role in tooth decay.
- Potential weight gain from excess calorie intake.
- Blood sugar spikes, which may affect individuals with insulin sensitivity or diabetes.
- Possible contribution to metabolic syndrome and cardiovascular issues if consumed excessively.

Suitability for Special Diets

Swedish Fish are typically gluten-free and fat-free, making them suitable for people avoiding gluten or fat. However, due to high sugar content, they are not recommended for those on low-sugar or ketogenic diets. The candy also contains artificial colors and flavors, which some consumers may wish to avoid.

Comparison with Other Gummy Candies

Comparing Swedish Fish nutrition info with other gummy candies helps contextualize its nutritional profile and consumer options. While many gummy candies share similar ingredients, variations exist in sugar content, calorie count, and ingredient quality.

Similarities and Differences

Most gummy candies, including Swedish Fish, rely on sugar, corn syrup, and gelatin or starch for their chewy texture. The calorie and sugar content among popular gummy brands tend to be comparable, with slight differences depending on serving size and formulation. Swedish Fish stand out for their distinctive flavor and absence of gelatin, making them suitable for vegetarians.

Nutritional Comparisons

When compared to other gummy candies:

- Swedish Fish have similar calorie counts, generally between 130-150 calories per serving.
- They contain comparable sugar levels, often exceeding 20 grams per serving.
- The fat content is negligible across most gummy candies.

- Swedish Fish's use of modified corn starch instead of gelatin differentiates their ingredient profile.

Practical Tips for Consuming Swedish Fish

Incorporating Swedish Fish into a diet requires mindful consumption to balance enjoyment and health. Awareness of the candy's nutritional profile supports better dietary decisions.

Moderation and Portion Control

Due to the high sugar and calorie content, it is advisable to limit Swedish Fish intake to small portions. Consuming them occasionally rather than daily helps reduce excessive sugar consumption and associated health risks.

Complementary Dietary Practices

Pairing Swedish Fish with nutrient-dense foods can offset their lack of vitamins and minerals. Drinking water and maintaining good oral hygiene after consuming sugary candies helps protect dental health.

Alternative Options

For those seeking lower-sugar or natural ingredient alternatives, options such as fruit-based gummies or candies with reduced sugar content are available. Reading nutrition labels can guide consumers toward healthier choices.

Frequently Asked Questions

What are the main nutritional components of Swedish Fish candy?

Swedish Fish candy primarily consists of sugar, corn syrup, and modified starch. It is low in fat and protein, with carbohydrates making up the majority of its nutritional content.

How many calories are in a typical serving of Swedish Fish?

A typical serving size of Swedish Fish (about 15 pieces or 40 grams) contains approximately 140 calories.

Do Swedish Fish contain any fat or cholesterol?

Swedish Fish are fat-free and contain no cholesterol, making them a low-fat candy option.

Are there any vitamins or minerals in Swedish Fish?

Swedish Fish do not provide significant amounts of vitamins or minerals; they are primarily a source of sugars and carbohydrates.

Is Swedish Fish candy gluten-free and suitable for people with dietary restrictions?

Yes, Swedish Fish are gluten-free and do not contain any common allergens like nuts or dairy, but it's always best to check the packaging for any specific allergen information.

Additional Resources

1. *The Nutritional Breakdown of Swedish Fish: A Comprehensive Guide*

This book delves into the detailed nutritional composition of Swedish Fish candy. It covers calories, sugars, fats, and other essential nutrients, providing readers with a clear understanding of what they consume with each piece. Ideal for health-conscious candy lovers, it also offers comparisons with other popular gummy candies.

2. *Sweet Treats and Healthy Eats: Understanding Swedish Fish Nutrition*

Exploring the balance between indulgence and nutrition, this book examines how Swedish Fish fits into a balanced diet. It discusses the candy's ingredients, potential health impacts, and how to enjoy sweets responsibly. Readers will find practical tips for incorporating treats without compromising health goals.

3. *The Science Behind Swedish Fish: Ingredients and Nutritional Facts*

This title provides a scientific perspective on the making of Swedish Fish, focusing on the ingredients and their nutritional value. It explains the roles of sugars, gelatin, and flavorings, as well as the candy's impact on blood sugar levels. Perfect for readers interested in food science and nutrition.

4. *Swedish Fish and Sugar: A Nutritional Exploration*

Focusing specifically on the sugar content and its effects, this book analyzes how Swedish Fish contribute to daily sugar intake. It offers insights into sugar metabolism, dental health, and strategies to moderate consumption. An essential read for parents and educators concerned about children's candy habits.

5. *Gummy Candy Nutrition: Swedish Fish in Context*

Placing Swedish Fish within the broader category of gummy candies, this book compares nutritional profiles across brands and types. It discusses calorie counts, artificial additives, and natural ingredients, helping readers make informed choices. The book also covers the cultural popularity of Swedish Fish and its impact on consumer preferences.

6. *Indulge Wisely: Managing Swedish Fish in a Balanced Diet*

This guide offers practical advice on enjoying Swedish Fish without guilt, focusing on portion control

and nutritional awareness. It includes meal planning tips and snack alternatives to maintain healthy eating habits. Readers will learn how to satisfy sweet cravings intelligently.

7. *The Hidden Nutritional Facts of Swedish Fish Candy*

Uncovering lesser-known nutritional details, this book highlights vitamins, minerals, and additives present in Swedish Fish. It evaluates the candy's role beyond just sugar content and looks at possible allergens and dietary restrictions. A useful resource for those with specific health concerns.

8. *From Factory to Fork: The Nutritional Journey of Swedish Fish*

Tracing the production process, this book shows how Swedish Fish are made and how that affects their nutritional value. It explains manufacturing techniques, ingredient sourcing, and quality control measures. Readers gain an appreciation for the complexity behind their favorite treat.

9. *Swedish Fish: A Nutritional Perspective for Dietitians and Nutritionists*

Designed for professionals, this book offers an in-depth analysis of Swedish Fish's nutritional profile and its implications for dietary planning. It includes case studies, nutritional data charts, and recommendations for counseling clients about candy consumption. A valuable tool for healthcare providers.

[Swedish Fish Nutrition Info](#)

Find other PDF articles:

<https://staging.devenscommunity.com/archive-library-101/files?docid=Qdx90-2686&title=bear-lake-county-fair-health-department.pdf>

swedish fish nutrition info: Catalog. Supplement - Food and Nutrition Information and Educational Materials Center Food and Nutrition Information and Educational Materials Center (U.S.), 1976

swedish fish nutrition info: Food and Nutrition Information and Educational Materials Center catalog Food and Nutrition Information Center (U.S.), 1976

swedish fish nutrition info: ROAR, Revised Edition Stacy T. Sims, PhD, 2024-01-09 The groundbreaking book that revolutionized exercise nutrition and performance for female athletes, now freshly updated Women are not small men. Stop eating and training like one. In ROAR, exercise physiologist and nutrition scientist Stacy T. Sims, PhD, teaches you everything you need to know to adapt your nutrition, hydration, and training to work with your unique female physiology, rather than against it. By understanding your physiology, you'll know how best to adapt your lifestyle and build routines to maximize your performance, on and off the sports field. You'll discover expert guidance on building a rock-solid foundation for fitness and everyday life with tips for determining your high-performance body composition, gaining lean muscle, and nailing your nutrition. Because a women's physiology changes over time, you'll also find full chapters devoted to pregnancy and menopause. This revised edition includes a wealth of new research developments, expanded recommendations based on those findings, and updates to reflect the changing landscape of women's sports, including: An updated action plan for peak performance across all phases of your menstrual cycle, as there is never a bad day to perform at your best A fresh understanding about the impact of hormonal contraception on training A look into why you need more protein than the average woman and how these needs change across your lifespan The reasons why sleep is your

most powerful recovery tool and how to manage disruptions to your internal clock A deep dive into saunas, cold plunges, and other training and recovery techniques as they apply to female physiology Insights into biohacking and what works (and doesn't) for active women No matter what your activity is—Olympic lifting, general fitness, endurance, or field sports—this book will empower you with the personal insight and knowledge you need to be in the healthiest, fittest, strongest shape of your life.

swedish fish nutrition info: Nutrient Requirements of Fish National Research Council, Board on Agriculture, Subcommittee on Fish Nutrition, 1993-02-01 Using the latest research in fish nutrition, this volume revises and combines the 1981 edition on coldwater fish and the 1983 edition on warmwater fish and shellfish. In addition to updating requirements for energy, protein, minerals, and vitamins, this book provides, for the first time, summary tables on nutrient requirements of a variety of fish species, including channel catfish, rainbow trout, Pacific salmon, carp, and tilapia. Tabular data on amino acid requirements of 11 species are also included. Shellfish are not included in this edition because of lack of scientific information.

swedish fish nutrition info: Fish Nutrition in Aquaculture S.S. de Silva, T.A. Anderson, 1994-11-30 Aquaculture is a growing industry. A vital component of the subject is feeding the organisms under cultivation. This book provides a thorough review of the scientific basis and applied aspects of fish nutrition in a user-friendly format. It will be of great use to individuals working or training in the industry, and to fish feed manufacturing personnel.

swedish fish nutrition info: Guidelines for the Promotion of Environmental Management of Coastal Aquaculture Development Uwe C. Barg, 1992-01-01 This document is directed to aquaculture development specialists, coastal resource use planners and government officials involved and interested in the planning and management of coastal aquaculture development within the wider context of resource use in coastal areas. It is intended to serve in the promotion of environmental management of coastal aquaculture. Guidelines are given for improved environmental management of coastal aquaculture based on an overview of selected published experiences and concepts. Potential adverse environmental effects of and on coastal aquaculture practices are addressed with consideration of main socio-economic and bio-physical factors. Methodologies are presented for the assessment and monitoring of environmental hazards and impacts of coastal aquaculture. Selected environmental management options are described for application both at policy-level and farm-level.

swedish fish nutrition info: *Strategies for the C-Section Mom* Mary Beth Knight, James Rosenthal, 2010-07-18 Whether your C-section is planned or you have one unexpectedly, you need to know about the risks, the recovery, and how to regain your fitness level postpartum--all while caring for a newborn. This book outlines exactly what a C-section entails, and offers you information, guidance, and advice on how to make your experience and recovery smooth and happy. Author Mary Beth Knight, one of the leading women's fitness, health, and nutrition experts in the United States, has had two C-sections of her own and understands the unique physical conditioning requirements of C-section moms. The acclaimed founder of StrollerFit, Inc. has developed a program especially designed for women undergoing a C-section. She gives you the blueprint you need to be stronger, fitter, healthier, and sexier than ever, while enjoying everything that motherhood has to offer. Starting with the first day after the surgery and running through the end of the first eighteen months postpartum, this one-of-a-kind program shows you how to: Manage postoperative pain successfully Cope with emotional issues Exercise safely and effectively after the surgery Focus on exercises and stretches that can actually speed up your recovery Maintain a balanced workout that includes upper and lower body and core exercises Understand how many calories you should eat Lose weight when the time is right Adopt a nutritionally sound diet Complete with photographs that show you exactly how to perform each stretch or exercise properly (and how to include your baby when it's safe), this guide will have you looking and feeling great--in record time!

swedish fish nutrition info: Guide to Nutritional Supplements , 2009-09-02 The rapidly expanding world of nutrition, functional foods and nutraceuticals, is increasingly complex. This

Guide to Nutritional Supplements provides a concise and complete reference to the most common nutritionally significant elements. Including dietary guidelines, intake measurements and other contextual information, this Guide is the ideal reference for nutritionists and dieticians facing an increasing public awareness of supplements and who may be augmenting their diets with OTC supplements. - Focused on the nutritional values, impacts and interactions of supplements - Provides a science-based approach to determining the appropriate selection and application of supplements for improved diet and nutrition

swedish fish nutrition info: *Interactions of C, N, P and S Biogeochemical Cycles and Global Change* Roland Wollast, Fred T. Mackenzie, Lei Chou, 2013-06-29 This book is a natural extension of the SCOPE (Scientific Committee of Problems on the Environment) volumes on the carbon (C), nitrogen (N), phosphorus (P) and sulfur (S) biogeochemical cycles and their interactions (Likens, 1981; Bolin and Cook, 1983). Substantial progress in the knowledge of these cycles has been made since publication of those volumes. In particular, the nature and extent of biological and inorganic interactions between these cycles have been identified, positive and negative feedbacks recognized and the relationship between the cycles and global environmental change preliminarily elucidated. In March 1991, a NATO Advanced Research Workshop was held for one week in Melreux, Belgium to reexamine the biogeochemical cycles of C, N, P and S on a variety of time and space scales from a holistic point of view. This book is the result of that workshop. The biogeochemical cycles of C, N, P and S are intimately tied to each other through biological productivity and subsequently to problems of global environmental change. These problems may be the most challenging facing humanity in the 21 st century. In the broadest sense, global change encompasses both changes to the status of the large, globally connected atmospheric, oceanic and terrestrial environments (e. g. tropospheric temperature increase) and change occurring as the result of nearly simultaneous local changes in many regions of the world (e. g. eutrophication).

swedish fish nutrition info: Nutrition for Outdoor Recreation Marisa Michael, 2025-11-04 Outdoor recreation is all about connecting with nature, feeling the joy of being outdoors, and finding satisfaction in doing hard things. Many adventurers seek out the best gear, clothing, and information to ensure success and safety in their sport. However, nutrition is also a key component that many are missing to optimize their performance outdoors. Fueling properly for both adventure and life can promote longevity in outdoor recreation, prevent injury, and prevent backcountry emergencies such as heat stroke or dehydration. Beyond this, the right nutrition knowledge implemented well can make the difference between an amazing hike and a miserable one. *Nutrition for Outdoor Recreation* takes readers through the basics of energy systems in the body to specific, practical, and actionable steps for different outdoor activities and scenarios. This guide will equip outdoor athletes with a foundation of evidence-based nutrition knowledge and a plan for any kind of adventure, energized and fueled to take on the wilderness.

swedish fish nutrition info: Fish Nutrition Ronald W. Hardy, Sadasivam J. Kaushik, 2021-10-19 *Fish Nutrition*, Fourth Edition is an up-to-date, authoritative presentation of all key elements of the nutrition of fish and crustaceans. As aquaculture is rapidly expanding, more than 200 herbivorous and carnivorous species occupy a diverse range of ecological niches, and have therefore evolved to utilize a wide array of food sources. This new edition highlights these differences and covers the complexity and challenges associated with fish nutrition, addressing nutrient requirements to produce high-quality, healthful and sustainable resources, the essential nutrients for fish species, including proteins and amino acids, vitamins, minerals and essential fatty acids, a feed quality assessment, and fish pathology. Led by a team of international experts, this edition provides readers with new information on the use of high-throughput technologies in fish nutrition research, the role of feeds on the community structure of the microbiome, and advances in essential nutrient requirements. - Features expansive updates to the previous edition, including a new chapter dedicated to diet analysis and evaluation - Addresses the roles of fish nutrition and feeds on sustainability and the environmental impacts of aquaculture - Covers basic nutritional biochemistry and applied nutritional topics

swedish fish nutrition info: Aspects of Human Nutrition and Food Contaminants G. H. Bourne, 1979-11-20

swedish fish nutrition info: Principles of Fish Nutrition Werner Steffens, 1989

swedish fish nutrition info: **Cumulative Index to the Catalog of the Food and Nutrition Information and Educational Materials Center, 1973-1975** Food and Nutrition Information and Educational Materials Center (U.S.), 1975

swedish fish nutrition info: **Lipids in Freshwater Ecosystems** Michael T. Arts, Bruce C. Wainmann, 2012-12-06 Although limnology is a young discipline, it has, over the past century, experienced marked growth. Its early descriptive period was a long one, given the enormous diversity of biota and environments in freshwater ecosystems. With the development of quantitative techniques came the ability to measure production rates and other parameters and to demonstrate the effects of nutrient limitation and predation on productivity and energy flow. As understanding of these phenomena grew, so too did our appreciation of the many complex chemical interactions among the biotic and habitat components of freshwater ecosystems. A recent, exciting phase of limnology, which may be called biochemical limnology, is evolving rapidly. One of its many facets is the study of population and community dynamics at basic physiological levels. Examples are many. The integration of recent studies of food biochemistry with traditional studies of food quantity has begun to reveal the striking importance of food quality to reproduction and to the growth dynamics of many aquatic animals. Positive as well as negative allelochemical interactions, already known in terrestrial ecosystems, are emerging as a major factor of many competitive interactions in fresh waters.

swedish fish nutrition info: Slim Calm Sexy Diet Keri Glassman, Sarah Mahoney, 2012-03-27 In this second installment of the Slim Calm Sexy series from Women's Health, nutrition expert Keri Glassman empowers readers to take control of their forks and focus on a revolutionary new way of eating—one that will help them lose weight, conquer stress, and look and feel their best every day. Using cutting-edge research that shows how certain foods work in tandem with the body's natural systems, the author demonstrates how our traditional way of eating promotes fat and stress, and explains the simple tweaks that can turn fat, frazzled, and frumpy into slim, calm, and sexy. Featuring indulgent recipes like Raspberry & Ricotta French Toast and Bison-Stuffed Red Pepper, satisfying Slim Snacks, and supercharged Slim Smoothies, this diet plan isn't about counting calories or deprivation—it's about eating more of the right foods. The Slim Calm Sexy Diet is so effective because it not only tells you what to eat, it tells you when to eat—eliminating the stress that leads to hunger and overeating. The diet also includes a comprehensive fitness plan that combines supercharged cardio, calorie-burning strength training, and energy-boosting yoga (that also tones and lengthens). The result is a sleek, sexy shape, smooth skin, a happier mood, and a more satisfying sex life. Packed with easy-to-prepare recipes, hundreds of helpful tips, and weekly workout plans, this is the ultimate guide to mind/body bliss.

swedish fish nutrition info: **ROAR** Stacy T. Sims, PhD, Selene Yeager, 2016-07-05 “Dr. Sims realizes that female athletes are different than male athletes and you can’t set your race schedule around your monthly cycle. ROAR will help every athlete understand what is happening to her body and what the best nutritional strategy is to perform at her very best.”—Evie Stevens, Olympian, professional road cyclist, and current women’s UCI Hour record holder Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it’s no wonder that so many female athletes struggle to reach their full potential. ROAR is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening

exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

swedish fish nutrition info: Cumulative Index to the Catalog of the Food and Nutrition Information and Education Material Center 1973-1975 National Agricultural Library (U.S.), 1975

swedish fish nutrition info: SoccerGrlProbs Presents: The Ladyballer's Guide to Life SoccerGrlProbs, Brandi Chastain, 2020-08-04 Ladyballer (lay-DEE-bawl-er) (noun): A rare breed of awesome female athlete with an incredible passion for the game, a wardrobe consisting of tournament t-shirts, and an appetite fit for a hippopotamus. Featuring hilarious and heartfelt experiences, plus tips on training, nutrition, motivation, balancing soccer with a social life, and choosing the right college, this book is for the girls with bruises, turf burns, and weird tan lines who always find themselves saying, I can't, I have soccer!

swedish fish nutrition info: Symposia of the Swedish Nutrition Foundation , 1971

Related to swedish fish nutrition info

Swedish Health Services See why Swedish is consistently named the Seattle area's best hospital, with the best doctors, nurses and overall care in a variety of specialty areas

Online HR and Payroll Access for Swedish Employees | Swedish Are you a Swedish employee? Use our online Employee Self-Service to view pay statements, update direct deposit info, apply for jobs and more. Click here!

MyChart | Swedish If you visit a Swedish hospital or emergency department, Patient Registration is able to gather the necessary information from you to issue you a MyChart access code and instructions

Medical Imaging | Edmonds Campus | Swedish At Swedish Edmonds we are proud of our radiology services, state-of-the-art equipment, technologists registered in their imaging specialty and registered nurses

Bill Pay | Swedish Pay your bill online via patient portal MyChart, as a guest or by phone. Pay your bill for Swedish facilities

Locations | Swedish Safe In-Person & Virtual Appointments Whether you need attention for something minor or major, we've put in place additional protocols to make sure you feel comfortable and confident every

Services | Swedish Contact Us ACROSS SWEDISH About Us Annual Report to Our Communities Community Health Needs Assessments and Improvement Plans

Medical Records | Swedish Swedish is required by law to maintain the privacy of your health information, to provide you with a notice of our legal duties and privacy practices, and to follow the information practices that are

Swedish Cherry Hill Campus Your investment supports the vital work of Swedish, the largest not-for-profit health care provider in the Pacific Northwest. Together, we can invest in a healthy tomorrow for you, your loved

Contact Us | Swedish | Swedish For billing questions, call one of the numbers below or visit the billing section of our website. Hospital bills (all campuses): 1-877-406-0438 Swedish Medical Group bills: 1-888-294-9333

Swedish Health Services See why Swedish is consistently named the Seattle area's best hospital, with the best doctors, nurses and overall care in a variety of specialty areas

Online HR and Payroll Access for Swedish Employees | Swedish Are you a Swedish employee? Use our online Employee Self-Service to view pay statements, update direct deposit info, apply for jobs and more. Click here!

MyChart | Swedish If you visit a Swedish hospital or emergency department, Patient Registration is able to gather the necessary information from you to issue you a MyChart access code and instructions

Medical Imaging | Edmonds Campus | Swedish At Swedish Edmonds we are proud of our radiology services, state-of-the-art equipment, technologists registered in their imaging specialty and registered nurses

Bill Pay | Swedish Pay your bill online via patient portal MyChart, as a guest or by phone. Pay your bill for Swedish facilities

Locations | Swedish Safe In-Person & Virtual Appointments Whether you need attention for something minor or major, we've put in place additional protocols to make sure you feel comfortable and confident every

Services | Swedish Contact Us ACROSS SWEDISH About Us Annual Report to Our Communities Community Health Needs Assessments and Improvement Plans

Medical Records | Swedish Swedish is required by law to maintain the privacy of your health information, to provide you with a notice of our legal duties and privacy practices, and to follow the information practices that are

Swedish Cherry Hill Campus Your investment supports the vital work of Swedish, the largest not-for-profit health care provider in the Pacific Northwest. Together, we can invest in a healthy tomorrow for you, your loved

Contact Us | Swedish | Swedish For billing questions, call one of the numbers below or visit the billing section of our website. Hospital bills (all campuses): 1-877-406-0438 Swedish Medical Group bills: 1-888-294-9333

Swedish Health Services See why Swedish is consistently named the Seattle area's best hospital, with the best doctors, nurses and overall care in a variety of specialty areas

Online HR and Payroll Access for Swedish Employees | Swedish Are you a Swedish employee? Use our online Employee Self-Service to view pay statements, update direct deposit info, apply for jobs and more. Click here!

MyChart | Swedish If you visit a Swedish hospital or emergency department, Patient Registration is able to gather the necessary information from you to issue you a MyChart access code and instructions

Medical Imaging | Edmonds Campus | Swedish At Swedish Edmonds we are proud of our radiology services, state-of-the-art equipment, technologists registered in their imaging specialty and registered nurses

Bill Pay | Swedish Pay your bill online via patient portal MyChart, as a guest or by phone. Pay your bill for Swedish facilities

Locations | Swedish Safe In-Person & Virtual Appointments Whether you need attention for something minor or major, we've put in place additional protocols to make sure you feel comfortable and confident every

Services | Swedish Contact Us ACROSS SWEDISH About Us Annual Report to Our Communities Community Health Needs Assessments and Improvement Plans

Medical Records | Swedish Swedish is required by law to maintain the privacy of your health information, to provide you with a notice of our legal duties and privacy practices, and to follow the information practices that are

Swedish Cherry Hill Campus Your investment supports the vital work of Swedish, the largest not-for-profit health care provider in the Pacific Northwest. Together, we can invest in a healthy tomorrow for you, your loved

Contact Us | Swedish | Swedish For billing questions, call one of the numbers below or visit the billing section of our website. Hospital bills (all campuses): 1-877-406-0438 Swedish Medical Group bills: 1-888-294-9333

Back to Home: <https://staging.devenscommunity.com>