

Farmed Chilean Salmon: Five Common Questions



answered by some of the world's most notable authorities on food and health.

WHY DO WE NEED FARMED SALMON?

Farmed seafood provides half of all the fish we eat in the world and is critically important to relieving pressure on wild fisheries and oceans¹. If we attempt to pull that amount of seafood out of wild fisheries, we will be depleting species that are important to ensuring a healthy ocean.

The farming of fish, also known as **aquaculture**, reduces pressure on certain overstressed wild stocks and is key to solving this pressing environmental challenge.

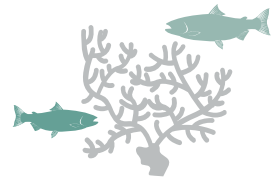


IS FARMED SALMON AS HEALTHY AS WILD SALMON?

Yes. Farmed salmon and wild salmon have been shown to offer the same overall nutritional value, though farmed salmon has a higher content of key nutrients like omega-3 fatty acids than do most wild salmon³. Farmed salmon is a staple of healthy and affordable diets around the world.²

IS THE ENVIRONMENTAL IMPACT OF SALMON FARMING WELL MANAGED?

Chilean salmon farmers work hard to ensure **fish are raised sustainably** while **minimizing impact on the environment**.⁴ This is in compliance with federal guidelines, industry standards, and recommendations shared by NGOs like the World Wildlife Fund.^{5, 6}



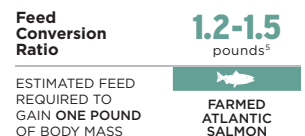
HOW DOES FARMED SALMON GET ITS BRIGHT COLOR?

Both farmed and wild salmon get their coloring from food sources containing **antioxidant-rich** astaxanthin. Crustaceans—a dietary staple for wild salmon—are rich in astaxanthin, which is also added to the feed of farmed salmon to give them their color and keep them healthy.



IS FARMED SALMON MORE OR LESS SUSTAINABLE THAN OTHER ANIMAL PROTEINS?

Farmed salmon is **the most sustainable** animal protein. A common gauge of environmental impact is its feed conversion ratio, the estimated food required to gain one pound of body mass. Of all the animal proteins, fish are the most efficient at converting protein.⁷



¹ Fund, W. (n.d.). Farmed Seafood. Retrieved July 2019 from <https://www.worldwildlife.org/industries/farmed-seafood>

² International Salmon Farmers Association 2018 Report. (n.d.). Retrieved July, 2019 from <https://sjomatnorge.no/wp-content/uploads/2018/06/ISFA-Report-2018-FINAL-FOR-WEB.pdf>

³ Cahu, C., Salen, P., & De Lorgeril, M. (2004). Farmed and wild fish in the prevention of cardiovascular diseases: Assessing possible differences in lipid nutritional values. *Nutrition, Metabolism and Cardiovascular Diseases*, 14(1), 34-41. Retrieved July, 2019 from <https://www.sciencedirect.com/science/article/abs/pii/S0939475304800450>.

⁴ The fishery and aquaculture sectors in Chile (Rep.). (2010, August). Retrieved July, 2019 from Chile's National Commission for Scientific and Technological Research (CONICYT) website: https://web.archive.org/web/20100813190353/http://www.embassyofchile.se/espanol/Documentos/Pesca_Acuic_Fishery_Aquac_BD.pdf

⁵ Food and Agriculture Organization of the United Nations 2018 Report on the State of World Fisheries and Aquaculture. (n.d.). Retrieved July, 2019 from <http://www.fao.org/3/9540en/9540EN.pdf>

⁶ WWF Farmed Salmon. (n.d.). Retrieved July, 2019 from <https://www.worldwildlife.org/industries/farmed-salmon>

⁷ Bourne, J., Jr. (n.d.). How to farm a better fish. National Geographic. Retrieved July, 2019 from <https://www.nationalgeographic.com/food/features/aquaculture/>

Visit us at **ChileanSalmon.org** to learn more about the delicious, nutritious, sustainably raised salmon from the Patagonian region of Chile.

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