

## NUTRITIOUS SALMON MEANS HEALTHY PEOPLE

Salmon is a delicious and affordable protein - one that is also a healthy choice for Canadians at the kitchen table - where roughly 80% of Canadian families enjoy salmon once a month.

### HEALTHY PEOPLE

- Farm-raised salmon is **one of the most nutritious foods** you can eat, and it is **available year-round**.
- Salmon is one of the world's **best sources of heart-healthy omega-3 fatty acids**, and it's high in protein, low in saturated fat, and loaded with vitamins D and E.
- Including farm-raised Atlantic salmon in your diet can help prevent heart disease, lower cholesterol and blood pressure, boost brain function, and reduce the risk of cancer, stroke, depression, Alzheimer's disease, arthritis, Crohn's disease, and asthma.
- A misconception is that farm-raised salmon is less nutritious than wild salmon. In fact, the **species of salmon makes the biggest difference in nutritional quality**, not whether it is farm-raised or wild<sup>1</sup>. The end result? All salmon, farm-raised and wild-caught, are highly nutritious and delicious.
- Because salmon is a fast-growing fish, there is **little accumulation of environmental contaminants** such as mercury that can affect other types of seafood.

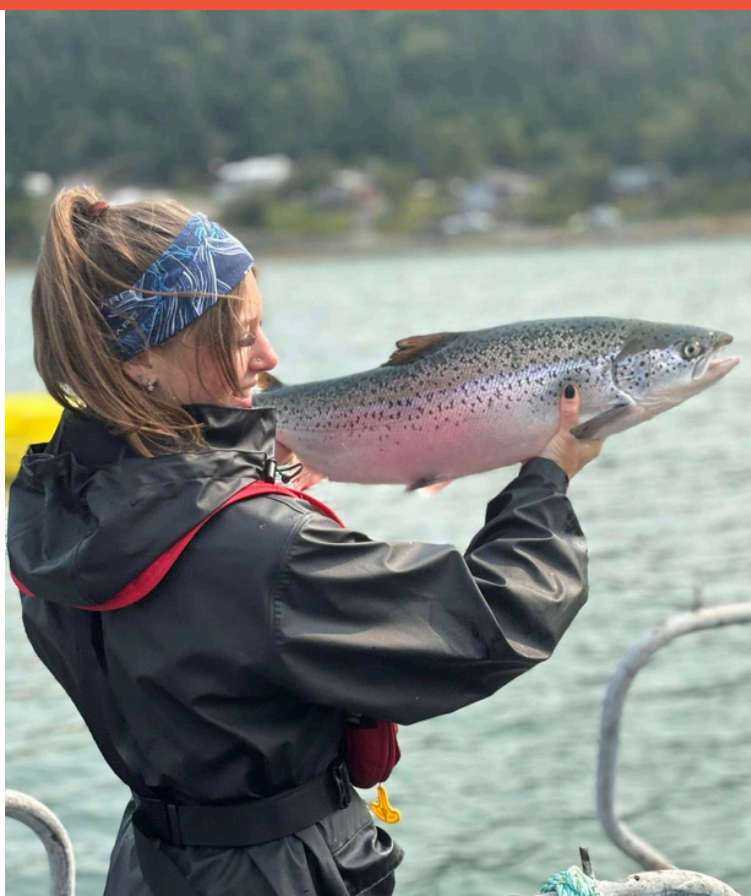
Seafood and fish are sources of complete protein, are rich in essential amino acids and also contain many bioavailable nutrients including Vitamins A, B and D as well as the minerals iodine, selenium, zinc, calcium, phosphorous, iron, copper, manganese, and taurine.<sup>2</sup>



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## HEALTHY SALMON

- What makes farm-raised salmon such a healthy choice? It's all about **what farmers feed the fish – and what they do not.**
- Farm-raised salmon eat nutrient-dense, dry pellets made from animal, plant, and fish proteins. The Canadian Food Inspection Agency must approve all feed ingredients.
- Ingredients like fish oil and fishmeal ensure salmon contain **high levels of omega-3 fatty acids** that are good for your heart and mind. Salmon farmers draw on wild fish stocks that are sustainable and are increasingly incorporating new sources of sustainable protein.
- Wild fish-based ingredients in salmon feeds used to be as high as 80%. Today, they are **as low as 20%.**
- Farm-raised salmon is **not genetically modified**, and no dyes, chemicals, or growth hormones are added to their diets.
- Some people believe that farmers inject paint or dye to give farm-raised salmon their colour. This is not true. **Both wild and farm-raised salmon (and many other animals, like flamingos) get their colour from their diet**, which contains carotenoids. Carotenoids are natural compounds found in the shells of crustaceans and in a wide variety of other foods. These healthy antioxidants are included in salmon feeds to boost the immune system and ensure healthy growth, and also give them their lovely pink colour<sup>3</sup>.



## HEALTHY PLANET

- Farm-raised Atlantic salmon is one of the **best ways to feed the world's growing population** with a minimal environmental footprint.
- It takes just about **1.2kg of feed to produce 1kg of farm-raised salmon** - low compared to other proteins.
- Farm-raised salmon has the **lowest carbon footprint** of any large-scale farmed animal protein.
- Farm-raised Atlantic salmon can be **traced back to the specific marine cage and hatchery where they were raised**, and records are kept about what they ate and how they were cared for.

1. <https://www.sciencedirect.com/science/article/pii/S2666154320300375>

2. <https://www.frdc.com.au/sites/default/files/documents/The%20Health%20Benefits%20of%20Eating%20Seafood%E2%80%94Evidence%20Based%20Science.pdf>

3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3917265/>