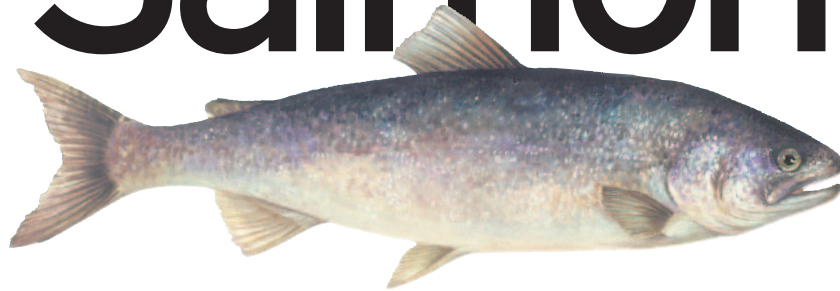


# Salmon



## Quick Fact: Fish Farming

When farmed salmon escape from ocean pens, they threaten wild salmon and other fish by competing with them for food and spawning grounds.

Monterey Bay Aquarium Seafood Watch

## Make Choices for Healthy Oceans

### Farmed Salmon Issues

- ▶ Waste from most salmon farms is released directly into the ocean.
- ▶ Parasites and diseases from farmed salmon can spread to wild fish swimming near the farms.
- ▶ Salmon farmers may use pesticides and antibiotics to control outbreaks of disease among the fish. When consumers eat this fish, the residues from the chemicals may affect their health or interfere with medicines they're taking.

### Farmed Salmon Issues

- ▶ It takes three pounds of wild fish to grow one pound of farmed salmon. As a result, farming salmon actually uses more fish than it produces, which puts more pressure on wild populations.

### Location

- ▶ Most farmed salmon comes from Canada, Norway, the United Kingdom and Chile. Maine and Washington also operate salmon farms.

### Menu Alternatives

- ▶ Wild salmon from Alaska is your best choice.
- ▶ Wild salmon from California, Washington and Oregon are also good alternatives.

### Other Common Names

- ▶ Most Atlantic salmon is farm raised. Some Chinook and Coho salmon are also farmed, so it's important to ask whether the salmon is "wild" or "farmed."

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