



ENOUGH TO MAKE YOU **SICK**

“OCEAN-FARMED” SALMON CAN BE DANGEROUS TO YOUR HEALTH

Eating certain fish can be very good for you. But what’s happening now at ocean-based salmon farms is enough to make you sick.

Hundreds of thousands of Atlantic salmon, penned in open cages, produce huge amounts of fecal waste, creating dead zones in the sea around them. They also attract sea lice and diseases that get passed to other fish.¹

Worse yet, research shows, “ocean-farmed” salmon worldwide contain much higher levels of PCBs and other dangerous contaminants than wild salmon.² So high, in fact, that women should stringently limit their intake before and during pregnancy.³

Salmon *can* be farmed safely and with minimal ecological impact. But that requires self-contained tanks, with proper waste filters, and replacement of the fish feed used by most of the industry today, which is laden with toxic residues.⁴

In the meantime, don’t be fooled by the industry’s claims.⁵ Ocean-farmed salmon is definitely *not* “what the doctor ordered,” especially if you’re pregnant or ever expect to be.

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campaign**

RAISING THE STANDARDS FOR FARM-RAISED FISH

A global project of National Environmental Trust and partners

1 R.L. Naylor et al., *Nature*, Vol. 405, 1017 (2000). 2 R.A. Hites et al., *Science*, Vol. 303 (1/9/04). 3 J.A. Foran et al., *Journal of Nutrition, Amer. Soc. Nutrition*, Vol. 135 (11/05). 4 Naylor et al. 5 See SOTA ad supplement, *New York Times Magazine*, 11/27/05.