

Q&A on Omega 3 levels in Farmed Salmon

**1. Is farmed salmon still healthy?**

Yes, indeed. Farmed salmon is, and always has been, an excellent source of Omega 3. It is high in protein with many other beneficial vitamins and minerals.

**2. Are other fish, like wild salmon better for you?**

All fish is good for you but farmed salmon has high levels of Omega 3 compared to many other fish, including wild salmon.

**3. Why is farmed salmon still marked as High in Omega 3 if the level has halved?**

Despite the changes in the levels of Omega 3, farmed salmon is still a rich source of Omega 3 as well as plenty of other vitamins and minerals.

**4. Does this mean that Scottish Salmon is going to genetically modified?**

No. The salmon farming industry has a long held position against genetically modified fish and it recognises that consumers in the UK and Europe share that view.

**5. Surely this proves that salmon farming isn't sustainable if you can't produce enough of the right feed?**

For some years, salmon farmers have recognised that the traditional diets high in fish meal and fish oil had to be managed carefully to take account of natural supply. Global supply of these ingredients has been stable for many years as a result of rigorous management to ensure their sustainability.

Scientific research has enabled us to understand how to use carefully balanced feeds to maintain fish health and human nutrition and these are made with sustainably sourced ingredients.

**6. Is this just greedy salmon companies using cheaper feed?**

No. Only high quality salmon is acceptable for UK and overseas markets so standards have to be high throughout the farming process.

**7. Surely this proves that salmon farming hoovered up stocks of anchovies that could have provided food for people?**

The small fish that are used in fish feed are bony and unsuitable for human consumption. In addition, the relevant world fisheries are all regulated to ensure that they are fished responsibly. Global supply of fish meal and fish oil has remained stable for many years.

**8. How can salmon be a natural food if it is fed GM food?**

There is no GM food used to farm Scottish salmon.

**9. How do I know if the salmon I am buying has been fed GM feed?**

There is no GM food used to farm Scottish salmon.