



These fish contain levels of mercury or PCBs that may pose a health risk to adults and children.



Species has a combination of problems such as overfishing, high bycatch, and poor management; or farming methods have serious environmental impacts.



Salmon, Atlantic - farmed *Sake, Ikura*

Worldwide production of farmed Atlantic Salmon is around 1 million tons, which represents over 50% of global salmon production. Japan, Europe and North America are the major markets for Atlantic Salmon, and Chile was the most rapidly growing supplier of Atlantic Salmon until a disease outbreak in 2007. The majority of Atlantic Salmon consumed in the U.S. is farmed in Canada and Maine, with smaller amounts from Norway. Atlantic Salmon are typically farmed at high stocking densities in net pens, where antibiotics and vaccines are commonly used to treat infected fish. Because net pens are open to the environment, fecal material and uneaten food can pollute the surrounding area reducing quality water and impact animals that live on the seafloor. Regulations for salmon farming vary greatly between countries and are in some cases non-existent. Chef Barton Seaver says, “Substituting for farmed Atlantic Salmon is easy: look for the great quality salmon options from Alaska. All five species of Salmon from Alaska are great stand-ins for farmed salmon. Experiment with the different species to find the one that you like the best. King Salmon is the richest, Sockeye the gamiest, Coho the most balanced, Pink the lightest, and Chum is the most similar to farmed Atlantic Salmon in flavor.”