

# RODALE – WHERE HEALTH MEETS GREEN

## FISH TO AVOID

### **12 Fish You Should Never Eat**

Sometimes the easiest way to decipher seafood guidelines is in knowing what NOT to eat.

By Emily Main



#### **Atlantic Salmon (both wild-caught and farmed)**

**Why It's Bad:** It's actually illegal to capture wild Atlantic salmon because the fish stocks are so low, and they're low, in part, because of farmed salmon. [Salmon farming](#) is very polluting: Thousands of fish are crammed into pens, which leads to the growth of diseases and parasites that require antibiotics and pesticides. Often, the fish escape and compete with native fish for food, leading to declines in native populations. Adding to our salmon woes, the U.S. Food and Drug Administration is moving forward with approving [genetically engineered salmon](#) to be sold, unlabeled, to unsuspecting seafood lovers. That salmon would be farmed off the coast of Panama, and it's unclear how it would be labeled. Currently, all fish labeled "Atlantic salmon" come from fish farms.

**Eat This Instead:** Opt for wild Alaskan salmon now, and in the event that GE salmon is officially approved.