

Health Minute

Should you get wild or stay on the farm?

Salmon is a low-fat source of protein that is a rich source of heart healthy omega-3 fatty acids. Salmon is available fresh or frozen, farm-raised or wild. If you are going to cook your fish the same night you buy it, choose fresh. Frozen is often fresher because it gets frozen right on the boat. The question of wild or farm-raised is a little more difficult. Both have pros and cons but if you want the most omega-3s for your money, wild salmon is the best bet.



<u>Wild Salmon</u>	<u>Farm-raised Salmon</u>
<p>Diet of algae and plankton is easily converted to omega-3 fats by fish</p> <p>Bright pink color is the result of the fish's natural diet</p> <p>Lots of room to swim leads to firm texture and rich taste</p> <p>Fish develop natural defenses to disease</p> <p>Know where the fish come from and avoid fish caught in polluted waters</p>	<p>Grain-based feed leads to lower concentration of omega-3 fats</p> <p>Dyes may be added to feed in order to enhance salmon's pink color</p> <p>Share space with lots of other fish; not as much room to swim</p> <p>Antibiotics may be administered to control or prevent disease</p> <p>Water quality more closely regulated, less likely to contain mercury</p>